VIRGINITY KIT DRAWS OUTRAGE IN EGYPT, PG 6

Canadian Legal Resource Centre Inc.
CALL NOW! Mon-Sat Daytime & Evening Appointments
403.229.2774 FREE CONSULTATION
UNCONTESTED DIVORCES
Legal Separation Agreements
Spousal Land Transfers
www.canadianlegal.org
CRIMINAL RECORD?
Canadian Pardons
US Travel Waivers
Fingerprinting
21+ years experience
Voted #1 Paralegal
Why pay more?

The world's largest global newspaper
metro
CALGARY • OCTOBER 6, 2009 metronews.ca

Every minute of every day, someone needs blood.
Please call
1 888 2 DONATE ext.222
Canadian Blood Services
it's in you to give
BLOOD.CA
1 888 2 DONATE

Murder suspect left suicide note, police say

JENKINS A reality show contestant charged in the gruesome slaying of his ex-model wife left a suicide note on his laptop that says he considered her the love of his life but thought she was cheating on him, a police spokesman said yesterday.

The one-page typed note, titled Will and Testament, was found on the hard drive of Ryan Jenkins' laptop after he hung himself in a B.C. motel room, said Sgt. Bill Kohanek.

Jenkins also apologized to his family for causing trouble but made no mention of Jasmine Fiore's slaying, Kohanek said.

THE CANADIAN PRESS

Paris Style

MICHEL EULER/THE ASSOCIATED PRESS

A model displays a creation by British fashion designer Stella McCartney for her Ready to Wear spring/summer 2010 fashion collection, presented yesterday in Paris.

Tiger just being a tiger: Curator

Zoo says animal acted instinctively against intruders

KRISTA SYLVESTER
krista.sylvester@metronews.ca

As comedian Chris Rock once said, "That tiger didn't go crazy; that tiger went tiger."

Calgary Zoo Eurasia curator Tim Sinclair-Smith said two-year-old tiger Vitali was instinctively defending his lair when an after-hours intruder approached his enclosure.

Police believe two men broke into the zoo at 1 a.m. yesterday by scaling a 2 ½-metre-high fence topped with barbed wire, and one of the men jumped the outer 42-inch fence designed to keep people away from the tigers when he was presumably clawed and bitten by Vitali.

"A tiger is a carnivore. Vitali has certainly done nothing wrong. It's his natural behaviour," Sinclair-Smith said, adding the tiger would remain on display as per usual.

Sinclair-Smith said the animal didn't appear to suffer any injuries from the incident, and aside from initially appearing stressed yesterday morning, was quickly back to his calm demeanour.

"Vitali is normally one of our most laid-back cats," head veterinarian Dr. Sandie Black added.

The Calgary Zoo said it would review security measures in light of the incident, but believes the measures are up to snuff.

"I think it just simply appears to be a case of two individuals intent on breaching the security, and they did it. Unfortunately, it resulted it some very serious injuries," zoo representative Grahame Newton said.

Newton said a second fence, which the man didn't scale, is a 4 ½-metre high barrier designed to keep the tigers inside their enclosure, but noted there is a six-foot area between the two fences where the man was standing when he was injured.

Calgary police are investigating the incident and charges are expected against the two 27-year-olds, including the man who remains in hospital with serious injuries. Police are also investigating if alcohol was a factor.

City to bury part of West LRT

SAMANTHA YAMNIUK
for Metro Calgary

TRANSIT The west leg of the LRT will go subterranean at 17th Avenue and 45th Street SW at a cost of $61 million.

City council approved the final cost yesterday, which is significantly lower than the previous estimate of $85 million.

Ald. Joe Connelly, who put forth the idea to trench the line, yesterday praised community involvement for influencing the decision.

"My own office got 100 emails today," Connelly said.

Residents living near the intersection where the line will run through an open tunnel armed Connelly with a petition bearing 1,000 signatures.

"What just happened is council listened to the masses," Connelly said.

Many people, including Ald. John Mar, were worried a ground-level track would hamper the ability of emergency crews to exit nearby stations at the intersection.

But the C-Train will now be heading underground on 17th Avenue before emerging to ground level at 41st Street.

"This is an opportunity to make the west LRT great," Mar said.

Construction of the west LRT line was approved two years ago at a cost of $700 million.

News on the Mov

What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 3

Celebrity Buzz pg 22

Letterman sorry for hurting wife

On the web
Visit metronews.ca for news updates

ShareYourViews
calgaryletters@metronews.ca

The Healthy Retirement Group Inc.

BAKKEN OIL OPPORTUNITY
16 Developmental Wells.
Proven Fields in S.E. Saskatchewan.
Limited time offer!
1-888-404-4047*
HRGbakken.ca
*ext106
This advertisement and information contained within, does not constitute an offer or solicitation to purchase or sell securities. Such an offer can only be made by way of Offering Memorandum. All investments involve some degree of risk. Please consult a financial professional.

Free Daily News Group Inc., operating as Metro Calgary. 120, 3030 - 3 Avenue NE, Calgary, Alberta T2A 6T7. Publisher: Steve Shrout

Suddenly you could be the one in need of blood.
Wouldn't you hope someone was donating for you?
Call 1 888 2 DONATE ext. 222 to book your appointment today.
Your donation could save up to 3 lives.
Canadian Blood Services
it's in you to give
For more information visit www.blood.ca/give
BLOOD.CA WWW.BLOOD.
1 888 2 DONATE

News on the Move IN THREE EASY STEPS

1 DOWNLOAD THE **FREE** SCANLIFE APPLICATION WITH YOUR SMARTPHONE AT 2DSCAN.COM

2 USE THE SCANLIFE APPLICATION ON YOUR SMARTPHONE TO SCAN 2D BARCODES IN METRO

3 THE CODES WILL DIRECT YOUR MOBILE BROWSER TO RELEVANT CONTENT AT M.METRONEWS.CA

SCANLIFE

Local

Shelters prepare for flu outbreak

Homeless shelters in the city are bracing for the possible outbreak of H1N1, and officials from various agencies met with the province to determine a plan of attack. Provincial officials said a planning guide for shelters should be available soon and should an outbreak occur, they will co-ordinate care for clients and staff of the shelters. METRO CALGARY

AWARDS
METRO INTERNATIONAL
NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

Calgary in brief

CRIME Calgary police are investigating after a passerby discovered a dead body near the Devry Institute yesterday. The body was found in a makeshift living area near the railway tracks on 2nd Avenue SE Police are waiting for results from the medical examiner before calling the death suspicious and say it's too early to offer information on the victim. METRO CALGARY

Calgary tweets

- @dpurcomic I was planning on breaking into the tiger enclosure while I'm here in Calgary but I guess that's not gonna happen now...thanks jerk!
- @steenyweeny really i dont think the calgary zoo needs more security, i think idiots need to not climb into a tiger pen.
- @mike__blanchard It's unanimous .. callers say the Calgary zoo tiger duo should face break and enter and trespassing charges.
- Find out what we're up to! Follow Metro Alberta publisher @steveshrout or Metro Calgary managing editor @Darren_Krause

ShareYourViews
calgaryletters@metronews.ca

ADVERTISE TODAY!
1 888 91 metro (63876)

Favre's move divides fans

Loyalties split between quarterback and his former team

KRISTA SYLVESTER
krista.sylvester@metronews.ca

ROBIN KUNKEL/FOR METRO CALGARY

Meghan Jerred, 24, and Derek Blayney, 21, sport competing Brett Favre jerseys last night at Shanks as they watch Favre and his Minnesota Vikings play against his old team, the Green Bay Packers.

Bittersweet.

That's how self-professed die-hard Brett Favre fan Clint Jones described last night's football game between his beloved Green Bay Packers and his formerly detested team, the Minnesota Vikings.

Last night was the first time the legendary quarterback played as a Viking against his old team, and emotions were running high during the game as teams traded touchdowns.

"Well, I even named my son after Brett, and he is three years old but he knows where his name came from," Jones said as he watched the game at Shanks south last night.

"So you could say I'm a huge fan. I lived in Green Bay for four years, and to be honest, I don't know Green Bay without Brett on it. I don't think many people know Green Bay without Favre."

Jones said no matter who won last night's game it would be bittersweet, though he was leaning towards the Packer after living in the city.

The bar was split evenly with Packers fans and Vikings fans and even sparked some rivalry at tables with opposing No. 4 jerseys, including Derek Blayney and Meghan Jerred.

"I have to go with the Vikings, and I have two Viking jerseys, including Favre. And I hate Green Bay," Jerred said but admitted she is actually a bigger New York Giants fan.

m.metronews.ca

Scan this barcode for more Local news on your smartphone.
Learn how to scan the barcode with the instructions at the top of this page.

New roundabout garners mixed reviews

TRAFFIC The city says the new roundabout on Glenmore and 37th Street SW is working better than expected but some frustrated motorists have mixed feelings.

While the roundabout opened on Saturday, yesterday was the first weekday of rush-hour traffic and director of transportation planning Don Mulligan said the results surpassed their expectations.

"Before, westbound traffic had a five-light delay and eastbound had three, now both directions had one-light delays. We're very happy with how well it's working," Mulligan said.

Between 50,000 and 70,000 motorists travel along Glenmore Trail where the roundabout is located, according to Mulligan. The roundabout allows eastbound motorists to turn north by going around the traffic circle.

"There will still be congestion but this definitely shortens it."

Mulligan expects motorists to catch on to the roundabout within the week but commuter John Macintosh is frustrated with drivers who don't already know how to use it.

"This could ideally work in a perfect world, but I don't think the majority of drivers get it. It's been a couple days and I've already seen a lot of near misses," he said. "I can't imagine what it will look like in the winter."

KRISTA SYLVESTER/ METRO CALGARY

PM gives kudos to local teachers

AWARDS Four area teachers yesterday were recognized as the Prime Minister's Awards for Teaching Excellence were handed out.

Daniel Buchanan who taught at Harold W. Riley Elementary School (which closed in June) and Rob Dougherty of Tom Baines School were recipients of the Certificates of Excellence from Prime Minister Stephen Harper at a ceremony yesterday in Ottawa — and Neil Stephenson of the Calgary Science School and Donald Winchester of West View School were awarded Certificates of Achievement.

"A good teacher inspires a thirst for learning that lasts a lifetime," said Harper.

"The outstanding teachers honoured today are an inspiration to us all. They play an invaluable role in our children's development and in the future success of our country." METRO CALGARY

metronews.ca
What's online today.

SpinDoctor: Our new blogger Gord McIntosh, pictured below, has worked as a journalist and now as a private political consultant. He cuts through the noise on the Hill at **metronews.ca/blogs**

Blogs: Kenya Hunt checks in with her rundown from Paris Fashion Week and Sexcetera's survey of the world's best lovers

WHILE I RESPECT YOUR EFFORTS FOR ATTENTION, BLINKING MESSAGE LIGHT, YOUR NEEDINESS DISGUSTS ME.

ESCAPE THE OFFICE DRAMA.
45 MINUTE COMEDIES & MUSICALS. DAILY AT LUNCHTIME.
LUNCHBOX THEATRE
AT THE BASE OF THE CALGARY TOWER
LUNCHBOXTHEATRE.COM

ENCANA TransCanada PETROKAZAKHSTAN BD&P Alberta Foundation for the Arts arts Canada Council for the Arts Conseil des Arts du Canada

POWER LUNCH. A COMEDY FROM THE AUTHOR OF AMERICAN BEAUTY, SIX FEET UNDER AND TRUE BLOOD. SEPT. 14 UNTIL OCT. 10. TICKETS JUST $15-18.

Knight headed to Europe
Alberta Energy Minister Mel Knight will meet with European legislators and encourage business leaders to consider increased investment in Alberta's energy sector during his trip to England and France from Oct. 8 to 17. METRO NEWS SERVICES

Plan to evict mental patients in Edmonton 'awful'

VICTORIA HANDYSIDES
Metro Canada

The health authority's fast-tracked plan to evict patients from Alberta Hospital beds is "insane," protesters shouted yesterday outside the Edmonton mental health facility.

"Some non-profit organization already struggling with service cuts is now supposed to be providing care for acutely ill mental health patients," Health Sciences Association of Alberta president Elisabeth Ballermann said to the group. "It just isn't going to work. We know where they're going to wind up — on the streets homeless and in our justice system."

The group half-composed of hospital staff waved flags, marched the hospital's expansive grounds and chanted frustration on the impending closure of 246 beds.

At a recent meeting with the hospital's psychiatrists, Alberta Health Services officials revealed beds would begin to close as soon as Dec. 1, Dr. Krista Leicht told Metro yesterday.

"Initially they said one to three years, and now it's coming very quickly without consultation of ourselves or other hospital staff. It's awful."

Plans are in place to move acute psychiatry patients to various city hospitals and rehabilitation patients into the Ottewell Lodge, she said, calling the move "ridiculous" as the building is "falling apart."

Leicht calls lack of consultation a "travesty," adding layoffs loom with impending bed closures.

stand out
from the crowd
at the 52nd GRAMMY® Awards!

No annual fee

52ND GRAMMY® AWARDS
JANUARY 31, 2010 • 8PM ET/PT

You could win a trip to the GRAMMY®s!
Get your chance to walk the red carpet compliments of MasterCard®. There are two easy ways to enter:

- **Use the Curve™ MasterCard®** to automatically enter the contest.[1]
- **Submit a video** at thecurvecard.com/calgary showing us how you stand out.

If you win, you'll receive a professional makeover, walk the red carpet, attend the GRAMMY® Awards, get access to the after–party and much more!

You'll always arrive in style with a card as unique as you
The sleek new Curve MasterCard earns you up to 1.5% cash back on all your purchases.[2] You'll enjoy the freedom to reward yourself how you choose.

Apply today at thecurvecard.com/calgary
Or call 1-800-961-1151 (Quote promo code 2000)

[1] Simply use the Curve™ MasterCard® between September 15, 2009 and November 20, 2009 to be automatically entered for a chance to win. You will automatically receive 10 entries into the contest every time you use your card to make an eligible purchase between September 15, 2009 and November 20, 2009. You will receive 10 entries for a video submission with the possibility of 150 more entries if your video is selected for uploading and voted for. Canadian Tire Bank reserves the right not to accept for submission any videos it considers inappropriate or not in compliance with contest guidelines. No purchase necessary. Visit thecurvecard.com/calgary for details on no purchase necessary entry. There is one (1) grand prize GRAMMY Prize package (CAD$15,000 estimated value) to be awarded to the winner of the contest draw, and one (1) CAD$500 credit to the Curve MasterCard, or a Canadian Tire gift card loaded with CAD$500, will be awarded to the person who receives the highest number of votes for their video submission. Full contest details available online at thecurvecard.com/calgary. Contest closes November 20, 2009. Skill testing question required. Odds of winning depend on the number of eligible entries received.
[2] Some conditions apply. See Cash on the Curve™ Rewards Program Terms and Conditions for details.
The Canadian Tire Curve™ MasterCard® is issued by Canadian Tire Bank pursuant to a licence by MasterCard International.
®/™ The trademarks of Canadian Tire Corporation, Limited are used under licence.
®/™ MasterCard and the MasterCard Brand Mark are registered trademarks, and *PayPass* is a trademark, of MasterCard International Incorporated.
GRAMMY, GRAMMY Awards and the gramophone logo are registered trademarks of The Recording Academy and are used under licence.

MasterCard paypass
MasterCard GRAMMY Awards
Official Sponsor

Filmmaker in murder case makes court appearance

EDMONTON An amateur filmmaker accused in a bizarre murder case will appear before a judge next month to set his trial date.

Mark Twitchell made a brief court appearance yesterday in Edmonton, where Crown counsel Avril Herron confirmed he would be directly indicted and tried without a preliminary hearing.

Wearing prison issue blue coveralls, the accused killer appeared relaxed and confident, putting his feet up and smiling occasionally from the prisoner's box.

Prosecutors hope to set a trial date on Oct. 16.

The date falls one year to the day 38-year-old Johnny Altinger was reported missing.

Police allege Altinger was lured to a Mill Woods garage and murdered, after Twitchell assumed the guise of a woman on a dating site and promised him a date.

They say Twitchell penned a script for a film in which a man is lured to a garage, tortured and cut into pieces.

Altinger's body has never been recovered, though police say they have enough forensic evidence for a conviction.

Twitchell has pleaded not guilty to the charges against him.

VICTORIA HANDYSIDES/ METRO CANADA

News in brief

HEALTH Short-term exposure to air pollution could trigger appendicitis in adults, according to a study published by the University of Calgary. Researchers found that people exposed to nitrogen dioxide for a week during June, July and August were almost twice as likely to come down with appendicitis. REUTERS

CHARITY UNICEF kicked off its annual Halloween fundraising campaign at Wildwood Elementary yesterday. The funds raised will go towards building schools in Rwanda and Malawi. METRO CALGARY

No more layoffs at CBC, boss says
The head of the CBC has declared an end to a round of job cuts at the public broadcaster, saying yesterday that his network won't lay off more than the 800 people cut from its English- and French-language services earlier this year. THE CANADIAN PRESS

Canada

NDP backs random breathalyzers

The opposition New Democrats say they'd support efforts to craft a new law to curb impaired driving by giving police the power to conduct random breathalyzer tests. The group Mothers Against Drunk Driving says the federal government is considering such tests. The House of Commons justice committee recommended in June that the law be changed to allow for random testing of drivers, regardless of whether police suspect they have been drinking. THE CANADIAN PRESS

Quebec **Missing woman**

PAUL CHIASSON/THE CANADIAN PRESS

Michel Trottier, boyfriend of Natasha Cournoyer, who disappeared Thursday evening after work, stands near the command post set up to search for the missing Corrections Canada worker, yesterday in Laval, Que. Trottier and Cournoyer's family worry that she may have been abducted.

Not first allegations for Lahey

Bishop was said to have been seen with pornography

The Roman Catholic Church says an allegation made two decades ago about a bishop who is facing child pornography charges was passed on to the archbishop of St. John's, N.L., at the time.

In a statement released yesterday, Archbishop Martin Currie of St. John's says a review shows Rev. Kevin Molloy did have a conversation with Shane Earle about what he asserts he saw when he was a teenager in the home of Raymond Lahey, who was a priest in the 1980s in the St. John's area.

Lahey recently resigned as bishop of the diocese of Antigonish in Nova Scotia, shortly before it became public that he was charged with possessing and importing child pornography in Ontario.

Raymond Lahey

The statement says Molloy informed the archbishop of St. John's at the time, Alphonsus Penney, what Earle had told him. But it does not say what action, if any, was taken by the archdiocese.

During a public inquiry into abuse at Mount Cashel in October 1989, Earle — a former resident of the orphanage — testified he saw something in Lahey's home as a teenager in 1985 that disturbed him.

Earle has told the CBC he saw child pornography, but in an interview Molloy says Earle told him in the late 1980s only that he saw pornography.

"Shane told me that he was shocked to have witnessed there, to have seen there, pornography," Molloy said in an interview from Florida. "I just simply got the word pornography from him."

Lahey resigned as bishop of Antigonish on Sept. 27, citing unspecified personal reasons. Three days later, Ottawa police said the bishop was facing child pornography charges.

THE CANADIAN PRESS

m.metronews.ca

Scan this barcode for more Canada news on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

Stelmach may boost protesters

LEGAL Remarks by Alberta Premier Ed Stelmach may provide a defence for the very Greenpeace protesters he says he'd like to see treated more harshly.

Stelmach said on the weekend that those who have blocked activities at oilsands facilities to bring attention to climate change are being coddled. He also suggested he would work with legal officials to find ways to stop them.

Lawyers and legal experts say those comments leave the impression of political interference in the courts — which could give the activists a potent argument when they appear before a judge Nov. 4.

"An outsider could think that this is a show trial," said Sanjiv Anand, a law professor at the University of Alberta. "You could well say this smacks of political interference."

Sixteen activists were arrested and charged Saturday with mischief and breaking and entering after they climbed smokestacks and a crane to try to halt construction on Shell Canada's upgrader project near Edmonton. THE CANADIAN PRESS

News in brief

REGISTRY The Conservative government is relinquishing millions of dollars in gun registry and licensing fees at a time when the government is running record budget deficits, CBC News Online reports. Documents show the federal government's decision to waive fees for people licensing their firearms will cost more than $15 million this year.

METRO NEWS SERVICES

Hopes of economic recovery start to dim

BUSINESS Is the optimism about the economic recovery already waning?

Stunningly poor economic results in the past week — and lack of progress over the weekend at the G7 finance ministers meeting — have cast a shadow over the long-term sustainability of the economic recovery and even whether the next few months will be as rosy as hoped.

Talk of a strong V-bounce this year with growth rates of four, five and even six per cent has gone silent since Canada reported last week that the economy stalled in July and the U.S. reported losing an outsized 263,000 jobs in September.

Finance Minister Jim Flaherty predicts that unemployment in Canada is likely to remain high until into next year and the G7 summit communique warned, yet again, that labour markets remain troubled and the recovery "fragile."

The next big number is Friday's employment data for Canada.

THE CANADIAN PRESS

Jury picked for Quebec mom's murder trial

A jury has been selected at the trial of a Quebec woman charged with killing her three children.

Seven men and five women have been chosen to determine whether Cathie Gauthier is guilty of first-degree murder in the deaths of 12-year-old Joelle, seven-year-old Marc-Ange and four-year-old Louis-Philippe.

Crown prosecutor Sonia Rouleau says the children all had their arms crossed when they were found last January in a bed in the family residence in Saguenay.

Rouleau wants to show that Gauthier went to a pharmacy a few days before the deaths to buy drugs that were found in the victims' bodies.

The trial is expected to last between two and three weeks. THE CANADIAN PRESS

BOW VALLEY INSURANCE
1979 30 2009
"Serving Albertans since 1979"

For all your insurance needs!

- Automobile
- Rental Property
- Travel & medical
- Motorhomes
- Commercial Auto
- Home/Condo/Tenants
- Recreational vehicles
- Trailers
- Home Based Business
- Commercial Property

Why Choose Bow Valley Insurance?

- We represent over 15 insurance companies
- We shop the insurance rates for you
- We offer very competitive prices
- We are a Calgary based, family owned company in business for over 30 years
- We have over 50 experienced, knowledgeable staff
- We assign an account manager to you who is familiar with all your insurance needs

Call to get a quote and your name will be entered to win a weekend vacation package at the Rimrock Resort in Banff

Phone: 403 520 5300
www.bvinsurance.ca | info@bvinsurance.ca

Search for quake survivors called off

The search for survivors under the debris of thousands of buildings toppled by earthquakes in Indonesia last week has been called off. The death toll from last Wednesday's tremor in Sumatra is expected to rise once the missing are accounted for. The UN has said 1,100 people died. THE ASSOCIATED PRESS

World

Group says Shroud of Turin a fake

A group of Italian debunkers is claiming it has proved that the Shroud of Turin — revered as the cloth that covered Jesus in the tomb — was man-made. The Italian Committee for Checking Claims on the Paranormal said yesterday that scientists have reproduced the shroud using materials and methods that were available in the 14th century. The group said in a statement this is further evidence the shroud is a medieval forgery. In 1988, scientists used radiocarbon dating to determine it was made in the 13th or 14th century. THE ASSOCIATED PRESS

Women share Nobel Prize first

MEDICINE Americans Elizabeth Blackburn, Carol Greider and Jack Szostak won the 2009 Nobel Prize in medicine yesterday for discovering a key mechanism in the genetic operations of cells, an insight that has inspired new lines of research into cancer. It was the first time two women — Blackburn and Greider — have been among the winners of the medicine prize. The trio solved the mystery of how chromosomes protect themselves from degrading when cells divide. Their work, done in the late '70s and early '80s, set the stage for research suggesting that cancer cells use telomerase to sustain their uncontrolled growth. Scientists are studying whether drugs that block the enzyme can fight the disease.

THE ASSOCIATED PRESS

Virginity kit 'illicit'

Egyptian lawmakers decry device to fool husbands

Conservative Egyptian lawmakers have called for a ban on imports of a Chinese-made kit meant to help women fake their virginity and one scholar has even called for the "exile" of anyone who imports or uses it.

The Artificial Virginity Hymen kit, distributed by the Chinese company Gigimo, costs about $30. It is intended to help newly married women fool their husbands into believing they are virgins — culturally important in a conservative Middle East where sex before marriage can be considered illicit. The product leaks a blood-like substance when inserted and broken.

Egyptian religious scholar Abdel Moati Bayoumi said anyone who imports the device should be punished. "This product encourages illicit sexual relations. Islamic culture forbids these relations except within the confines of marriage."

In a region where premarital sex is so taboo it can even lead to a woman's murder, the debate over the virginity-faking kit has revived Egypt's struggle to reconcile modern mores with traditional beliefs — namely, that a woman is not a virgin unless she bleeds after the first time.

"Bleeding is not the only signal ... she's a virgin," said Heba Kotb, an observant Muslim woman who hosts a sex talk show on TV in which she fields calls from all over the Middle East.

Kotb noted a medical procedure that reattaches a broken hymen is illegal in Egypt. But many women still secretly seek it in fear of punishment for pre-marital sex. THE ASSOCIATED PRESS

Veils off

- An Egyptian paper reports the country's top Muslim cleric plans to ban female students from wearing the face veil from schools run by al-Azhar, Sunni Islam's most prestigious institute of learning.

m.metronews.ca

Scan this barcode for more World news on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

Belgium **Milk price crisis**

YVES LOGGHE/THE ASSOCIATED PRESS

A farmer waves a French and European Union flag during a demonstration in front of the EU headquarters in Brussels yesterday. Hundreds of dairy farmers drove tractors into Belgium's capital to push for EU farm ministers for more funds to survive a milk price crisis.

News in brief

CONNECTICUT The U.S. Supreme Court refused yesterday to block the release of documents generated by lawsuits against priests in the state of Connecticut for alleged sexual abuse.

THE ASSOCIATED PRESS

Carries More. Consumes Less.

The Chevrolet Traverse. Lots of room for eight people – and their stuff. The best highway fuel efficiency among eight passenger crossovers.† Plus the best coverage in Canada – 5 Year/160,000km powertrain component warranty with roadside assistance and courtesy transportation.Δ And if you don't love it, our 60-Day Satisfaction Guarantee lets you bring it back.‡ Put us to the test against anyone. And may the best car win. Visit chevrolet.gm.ca.

Chevrolet Traverse

CHEVROLET

MAY THE BEST CAR WIN.

†Based on Natural Resources Canada's 2009 Fuel Consumption Guide. Your actual fuel consumption may vary. Excludes other GM vehicles. ΔWhichever comes first, see your dealer for details. ‡Return between 30-60 days with less than 4,000km. Vehicle usage fee and other restrictions apply. Take retail delivery by 11/30/09. *Chevrolet is a brand of General Motors of Canada, the Official Vehicle Partner of the Vancouver 2010 Olympic and Paralympic Winter Games. TM© 2009, VANOC. Used under Licence.

vancouver 2010

CHEVROLET OFFICIAL VEHICLE

LANCÔME
PARIS

TIME FOR YOUR

Gift

À LA CARTE

STARTS TODAY!

For your purchase, may we suggest:
Intense Lift, 12-Hour Hold†.

NEW! RÉNERGIE MICROLIFT R.A.R.E.™
Intense Targeted Repositioning Lifter.
24 mL, **$115**

Choose 7 of these 12 Lancôme favourites

FREE with any Lancôme purchase of $34** or more (a value up to $185*).

Plus, get two free bags.

First time ever. Only at the Bay!

Offer ends November 1st, 2009

1.
BI-FACIL®
Double-Action Eye Makeup Remover

2.
TONIQUE DOUCEUR
Alcohol-Free Freshener

3.
RÉNERGIE MICROLIFT R.A.R.E.™
Superior Lifting Cream SPF 15, 15 mL

4.
GÉNIFIQUE
Youth Activating Concentrate, 15 mL

5.
EFFACERNES
Waterproof Protective Undereye Concealer

6.
LA BASE PRO
Perfecting Makeup Primer, 5 mL

7.
DUAL FINISH®
Versatile Powder Makeup

8.
CILS BOOSTER XL
Super-Enhancing Mascara Base

9.
DÉFINICILS®
High-Definition Mascara

10.
COLOR DESIGN®
Sensational Effects Eye Shadow

11.
COLOR DESIGN®
Sensational Effects Lip Color

12.
LE ROUGE ABSOLU
Reshaping & Replenishing Lip Color SPF 15

the Bay

†Based on consumer evaluation results achieved at the end of the day.

*Value based on the Bay regular prices per mL/g. **Lancôme gift with purchase of any Lancôme product of $34 or more from October 6th until November 1st, 2009. Before taxes. One gift per customer, while supplies last. Components are subject to change. Cannot be combined with any other promotion. All 7 products must be different.

CALGARY
Publisher, Steve Shrout
Managing Editor, Darren Krause
Distribution Manager, Dave Mak

METRO CANADA
Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt
Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mrktng Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA
METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

Harper hits a high note

NationalReport
Lawrence Martin

metronews.ca/nationalreport

SEAN KILPATRICK/THE CANADIAN PRESS

Canadian politics has seen many iconic moments, times when the prime minister shocked the flock. How about Jean Chrétien, in dark shades, looking like a mafia don, taking a protester by the scruff of the neck and heaving him aside?

How about Pierre the bannister-slider Trudeau and the infamous fuddle-duddle outburst wherein he told the members of the opposition to go forth and multiply?

Or Brian Mulroney taking to the stage with Ronald Reagan for a rousing rendition of "When Irish Eyes Are Smiling?"

These moments were all in keeping with the character of the perpetrator. Chrétien, a streetfighter, Mulroney, a ham, etc...

What made Stephen Harper's piano and song act Saturday night more astonishing was that it was so unlike Stephen Harper. He was seen to be a philistine, the guy who turned up his nose at chi-chi galas. His image as a brooding chess player, a leader bereft of mirth and spontaneity, was what held him back. Canadians didn't want to give a majority government to someone, no matter how competent, they did not like, could not warm to.

For years everyone has been telling Mr. Harper, "For god's sakes, lighten up." He's been well aware of the personality issue. On policy he adroitly moved his government to the moderate middle, finding a comfort zone with Canadians. On personality he knew he still had a lot of work to do.

The blue-sweater commercials in the last election campaign served to soften his image somewhat. But he soon reverted to old form. It was like he couldn't help himself, couldn't quite tame his antagonistic instincts. He needed something to jolt the image. Enter his wife, the sprightly Laureen. Hats off to her. She was the brains behind the caper at the gala.

No doubt he has changed a lot of perceptions with his gutsy performance. This clip will be shown on every Harper hi-lite reel from here to eternity. Any time someone tries to suggest this guy's a creep they'll get this image thrown back at them.

His career has seen many surprise moments — his bringing Liberal David Emerson into his cabinet, his stunning Quebec nation gambit, his entirely bizarre budget update of last fall.

But none beats this one. He still has a ways to go before he works his way into the people's hearts. But for the first time, he's within striking range.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

The new workplace is not for the elderly

ModernLife
Georgie Binks

metronews.ca/modernlife

As a freelancer sequestered in my basement for the past 12 years, the outside work world has been looking increasingly attractive. The lure of paid vacations, workplace gossip and seeing what other people are eating for lunch is strong. Until last night, I envisioned returning to a job where people my age would be joking about downsizing and vacations. I'm not sure where those people are — retirement homes, dead or golfing — but guess what? Their babies, who wouldn't sleep through the night, are running the show.

At a work-related event earlier this week, I stumbled upon the horrifying fact I was the oldest person in the room. Scanning for some sign of oldness — grey hair, no hair, wrinkles, clothes that don't show cleavage, I encountered only flawless skin and full heads of hair. Figuring these kids were with their parents or on a break from the coat check room, I soon discovered not only did they have jobs, they'd landed the good ones — ones I'd envisioned myself lolling about in with my newly acquired health benefits. Initially I asked them about their work, vacations, condos (that's where cool, young managers live) but quickly slid into my Mike Wallace grilling mode. "How old are you? I bet I'm your Mom's age, right?"

Not quite. Two fabulous-looking women, an editor and a business manager, informed me their moms were 49 and 52. Oops — I'm even older.

When I buttonhole an arts editor about writing a story about a punk band making a comeback after 30 years, he doesn't recall their name. "How old were you 30 years ago?" I snap.

"Two." He looks sheepish.

I may still get the 'You guys are sisters, right' sales pitch from young clerks when I'm with my daughter and yes, young men take a second look, but the big question is, will they take a second look at my resumé when they notice they were born the same year I started my sixth job?

I call my old friends, and I mean old. "Is it all kids at your workplace, now?"

One, a manager, sighs, "I try to hire old people."

Another admits, "I feel like I'm their Mom."

It feels like the new Melrose Place, with all those young kids. Thank God, Heather Locklear's coming back to run the show.

I pray life will imitate art.

Georgie Binks is a Toronto freelance writer who writes about gender and relationships; georgiebinks@rogers.com

MICHAEL DE ADDER

Letters

Stand firm and do not reward the buffoons in zoo incident

Re: Calgary zoo incident.

Regarding the incident last night, how can anyone ever remotely believe the Calgary Zoo is liable for the stupid, illegal actions of two trespassers?

Is there any logic or reason to this silly accusation? If you believe the zoo will be charged, I would like to sell you a condo on Mount St. Helens.

If you think the zoo is at fault, then anyone can break into any facility and make it look right.

Could the designers of the World Trade Centre have designed for unforeseen circumstances?

No. You cannot protect imbeciles against themselves and legislate against stupidity.

He better thank his lucky stars it is only an arm he will lose to a compassionate tiger, who otherwise, could have ripped his head off.

Those guys had the nerve breaking into the zoo, climbing two barriers, and invading the sole territory on Earth of a poor animal.

Those who go looking for trouble will find it. It appalls me that there are people who even dare to think the zoo is at fault. This is the kind of pathetic mentality that allows drunk drivers on the road, and home invaders and murderers to claim their rights were violated and go free — damn the rights of the victims.

You have our full and unswerving support. I hope these guys get charged. Please stand firm in your position. Any talk of liability on the zoo makes my blood boil.

It also infuriates me that I am also indirectly paying for medical care for these buffoons. **Jerry Garner, Calgary**

We Know What You're Thinking

51% The number of Canadians who eat a hamburger in five minutes or less.

IPSOS REID

Tell us your views by email to calgaryletters@metronews.ca or comment on metronews.ca or on Twitter @metrocalgary
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Calgary 3030 – 3 Avenue NE, Suite 120, Calgary, AB T2A 6T7, Tel: 403-444-0136; Fax: 403-539-4940; Advertising: adinfocalgary@metronews.ca; calgary_distribution@metronews.ca; News: darren.krause@metronews.ca

Bloggers required to report payments
The U.S. Federal Trade Commission will require bloggers to clearly disclose any freebies or payments they get from companies for reviewing their products. THE ASSOCIATED PRESS

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Look to IT sector for future jobs: Survey

Industry could create 84,000 Canadian jobs in four years

The future for highly skilled job growth in Canada is in the information technology sector, according to a new survey, though experts doubt the permanence of such jobs.

The country's IT industry could grow by as much as 84,000 jobs and around 1,000 new businesses over the next four years to 2013, says a survey-commissioned by Microsoft Corp. and conducted by global research firm IDC.

"Sometimes people think IT is something that reduces jobs," said Microsoft Canada Co. president Eric Gales.

"But in absolute terms it actually is a net generator of both jobs as well as new companies."

m.metronews.ca

Scan this barcode for more Business news on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

The survey, which analyzed the IT sector in 52 countries — including Canada, the U.S., U.K., Turkey, China and Greece — predicted global growth in the industry to be around 5.8 million new jobs.

There would also be an estimated 75,000 new businesses globally, the survey said.

However, David Livingstone, a professor who heads the Centre for the Study of Education and Work at the University of Toronto, warned the IT sector is not a definite fix for recessionary job loss and the dramatic, historic restructuring of North American work.

"Large numbers of these (IT) jobs are very contingent, very temporary, very precarious jobs," he said. "It's a very volatile sector, it's not like its going to be necessarily providing stable jobs like the blue collar jobs of the past."

Although Livingstone does not dispute the survey's projections, he said the numbers need to be seen in context of job growth and elimination in other sectors.

TORSTAR NEWS SERVICE

Cambodia **Jobs unravelling**

HENG SINITH/THE ASSOCIATED PRESS

Cambodian garment factory workers travel together on a motorcycle cart to get home from work. Yesterday, the government said that the global recession forced the closure 77 garment factories in Cambodia in the first nine months of 2009, throwing more than 30,000 people out of work.

Spin Master staying strong through recession

TOYS As the toy industry struggles through the recession, privately owned Spin Master continues to demonstrate its golden touch in developing a line-up of must-have toys.

Rather than rely on associations with blockbuster movie licences, the Toronto-based giant has consistently come up with new ideas that have transformed it into North America's third-largest toy firm and a growing children's entertainment company.

Big sales

- Spin Master's annual sales are said to exceed $750 million US a year with 750 employees around the world.

Spin Master's latest creation, the Liv doll, has just hit store shelves and is already competing with Barbie for the affection of young girls. Developed after years of studying the doll market, Liv can strike many movements and has exchangeable wigs.

THE CANADIAN PRESS

Business in brief

ECONOMY CIBC says small is better for Canadian businesses coping with turbulent economic times. A report from the bank says small and medium-sized firms appear to have survived the recession much better than their larger rivals, with relatively few bankruptcies.

ENERGY A stalemate in TransAlta Corp.'s battle to take over green energy producer Canadian Hydro Developers Inc. appears to have finally ended, with the two Calgary-based firms reaching a tentative agreement on a $755-million deal. THE CANADIAN PRESS

STILL overpaying for your Home Phone Line?

HOME PHONE LINES
ALL FEATURES FREE!

Enhanced	Unlimited Canada	One-Rate	Global
$14.95/month	$19.95/month	$29.95/month	$39.95/month
Unlimited Local Calling	Unlimited Calling to Canada	Unlimited Calling to Canada & U.S.A.	Unlimited Calling to 25 Countries!
✓ All Features FREE	✓ All Features FREE	✓ All Features FREE	✓ All Features FREE

- Caller ID
- Voicemail
- Call Forwarding
- Call Waiting
- Keep Your Existing Phone Number

FREE
Cordless Phone System with your Comwave Home Phone

DECT 6.0 DIGITAL

3 Handset Cordless Phone System

- Interference free
- Speaker Phone
- VoiceMail Indicator
- Caller ID/Call Waiting

Call Comwave Today For our Guaranteed Lowest Long Distance Rates

NEW LOW RATE INDIA 2.9¢/min

Comwave will remain open on Thanksgiving, Monday October 12th for your convenience

comwave 403-451-5800

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. The Global Home Phone plan and is limited to 3000 minutes per month. Excess minutes used will be billed at 3.99 cents per minute. The rates are based on a 3 year term. Satisfaction Guaranteed within 90 days. If you are not 100% satisfied, you may cancel your home phone service no questions asked. By accepting the free cordless phone set, you commit to a 3 year term and waive the Satisfaction Guarantee period. Coupon must be redeemed in 120 days from date of activation. Terms and conditions apply, see www.comwave.net for details

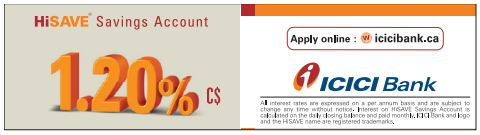
BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	SBIC	Scotia	TD
1.00%	0.75%	0.80%	1.20%	1.05%	0.75%	0.75%	1.25%	1.00%	0.75%

Interest rates/Savings accounts
METRO NEWS SERVICES

Note: Please check bank websites as some rates require a minimum account balance.

Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA



Buying for investment

MoneyMatters

Q I purchased a condo three years ago as an investment. The closing is next month. I plan to sell the condo soon after closing. Last week, my lawyer informed me that I would have to pay additional GST on closing. I am a little confused.

— Michael

A Recent numbers indicate the Canadian real estate market is on the upswing, with price going up and number of sales increasing, much to the surprise of many industry experts. But for this trend to continue, our southern neighbour has to show more positive signs of an economic recovery. This may not be soon, as the unemployment rate in the U.S. approaches 10 per cent, home foreclosures continue but have slowed, and debt reaches historical proportions.

With the help of a good lawyer, most new home purchases close without a hitch. On closing, generally owner-occupied home buyers have no further GST concerns. Financing arrangements are made based on purchase price and closing cost.

However, new home purchases for investment can be confusing for a novice. The same GST rules do not apply for investors. On closing, the purchase price must be re-calculated and the buyer usually pays additional GST. Prepare to pay a few thousand dollars extra on closing.

The investor has to do some tax follow up:

- The investor has two years after closing to apply for the GST rental rebate or lose it.
- Claim GST transitional rebate, if applicable.
- Report capital gain for the year property was sold. Fifty per cent is taxable.
- Check for capital losses in prior years.
- Report rental income when filing tax returns.

Make sure you speak to a qualified expert who deals regularly with these transactions.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

On the web

Investing:
Allan Small discusses how the unemployment rate in the U.S. and Canada is an opportunity to buy into the markets. Visit metronews.ca/investing.

When less is more

AlisonOnMoney

If you want to get on the fast track to uncontrollable debt, the easiest way to do it is not by ramping up your spending but by falling into the practice of paying only the minimum on your credit card each month.

Those minimums can seem like a bit of a gift in the beginning. Gee, I get to use all this money and only pay back a tiny part of it every month! Not so fast.

Typically minimum payments are between 1.5 and 2.5 per cent of your balance. Say you owe $5,000 on a credit card with a 19.5 per cent interest rate. The minimum payment at two per cent is $100. If you keep paying the minimum, after 25 years you will still owe $1,600 and will have forked over a staggering $14,673 in interest — nearly triple the amount you borrowed in the first place.

Alison's Money Rule:

- Paying the minimum on your credit cards is the financial equivalent of locking yourself in a straightjacket and throwing away the key.

Take a look at the monthly math. Of the first $100, $81.25 goes to interest while only $18.75 is applied to your principal. So you still owe $4981.25 after one payment.

The kicker is that these calculations assume you charge nothing further during this period. How many people are able to put away their credit card for 25 years?

There is some hope here. Double the monthly payment in the example to $200 and it will only take you 33 months to pay off the $5,000 with an interest cost of $1468. Much better.

The extra $100 has such a huge impact on the payout because it is applied directly to the balance. Of the $200, $81.25 goes to interest, with $118.75 applied to the balance.

Ratchet up your monthly payments to $300 and you cut the payout period to 20 months with the interest only $878.

The moral of the story; never pay only the minimum on your balance and upping the payment by even a small amount monthly will go a long way to getting the debt gone.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

full-time golfer
part-time tax professional

For a career that gives you the freedom to enjoy life outside of work, enrol in H&R Block's Tax Training School today. This course offers high quality training from our knowledgeable instructors and gives you the skills required for the chance to work at H&R Block.* As one of our tax professionals you could enjoy the benefits of **seasonal full or part-time work** and flexible hours, ensuring that you get the most from life both in and out of the office.

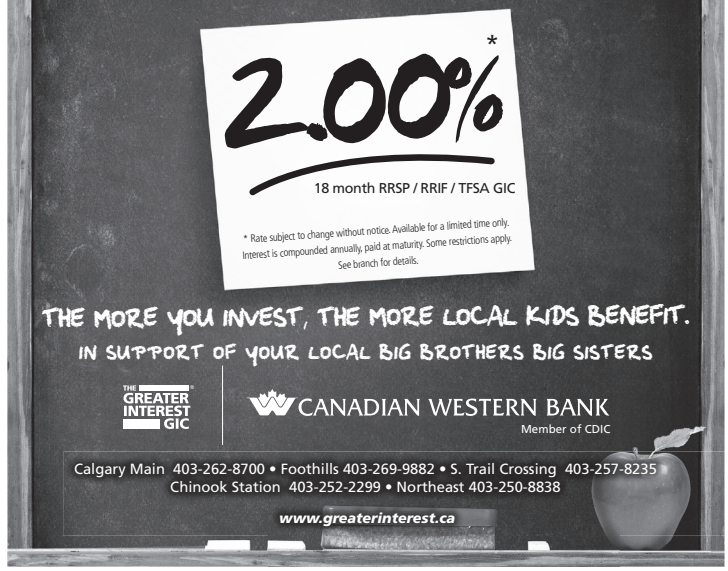
Register online at hrblock.ca or call 1-877-32BLOCK (1-877-322-5625) for details.

Classes start October 14th

H&R BLOCK®

*Enrolment restrictions may apply. Enrolment in, or completion of, the H&R Block Tax Training School is neither an offer nor a guarantee of employment. This course is not intended for, nor open to any persons who are either currently employed by or seeking employment with any professional tax preparation company or organization other than H&R Block. © 2009 H&R Block Canada, Inc.

Join our team for a career that allows you to do the things in life you love to do. Seasonal full and part-time positions available.



INFORMATION FEATURE

One-click investing

RAFAEL BRUSILOW
for Metro Canada

Direct investing online isn't just for day traders anymore — it can be a highly effective way to make your long-term investments work for you while saving a bundle on fees.

Jason Storsley, president and CEO of RBC Direct Investing, says the perception of online direct investing as a tool meant solely for quick-draw traders is a misconception when compared against the long list of refined tools it offers to long-term investors.

"While online direct investing is definitely well-suited towards active traders, increasingly it's being seen as a great place for long-term investments. It has evolved far beyond just a space for active traders," Storsley said.

RBC Direct Investing puts a slew of sophisticated research and management tools in the hands of investors, especially in the field of mutual funds — which Storsley says are often an ideal option for direct investors because they combine the self-guided decision making of direct investing with professionally vetted products.

Online tools

Advanced online tools at RBC make self-directed, long-term investing a great option for saving money on fees while guiding your investments yourself.

- **Have your pick of the litter:** Model portfolios, pre-screened by RBC experts, can be an efficient and painless way to buy into an already-diversified portfolio of mutual funds that have a proven track record. RBC experts do the hard work; you pick the perfect fund.
- **Find the golden needle in the haystack with one click:** Despite the choice of more than 1,000 mutual funds, in seconds direct investors with RBC can screen down to just the five or 10 funds that make the most sense for themselves by screening funds through a wide range of criteria.
- **Get tuned up:** Spend a few minutes with an online tutorial at rbcroyalbank.com/oec and get a refresher on all things banking and investment related.

On the web

- For more on RBC Diret Investing, log on to rbcdirectinvesting.com.

"Mutual funds are key for investors interested in a diversified portfolio and for investors not interested in the micro-type decisions of which individual stock to buy, but rather in delegating to a professional to build an asset mix they're comfortable with," Storsley said.

Online tutorials through the RBC site (rbcroyalbank.com) complete with voiceovers will help you get up-to-speed on how to read stock quotes, how to use analysis tools and how to buy mutual funds online.

Whereas in the past, online brokers may have offered very rudimentary mutual fund options, direct investors with RBC have access to model portfolios, mutual fund packages already seeded with funds hand-picked by RBC and collected together based on their appropriateness to different investing goals. Each of the 19 different model portfolios is already diversified within itself and tailored to meet the needs of a particular type of investor.

"The experts at RBC have gone out with put together a basket of mutual funds, and they've done it for more conservative investors and more aggressive investors. We're trying to cater to investors regardless of how much time they want to invest," Storsley said.

For investors interested in doing their own legwork, RBC offers access to a wide swath of powerful tools, including independent research, performance indexes and analyses and a fully customizable search utility that allows investors to screen through the entire catalogue of available mutual funds to get find exactly the right mutual fund for each investor's particular needs. With more than 1,000 mutual funds to pick from, investors can screen using parameters such as price, performance and type to get a list of the top 10 choices appropriate for them based on their choices.

Series D mutual fund options by RBC offer funds with strong performance for fees usually half the industry average, another strong choice for self-directed investors.

Depending on your particular investment goals, Storsley says fixed-income products like government or corporate bonds might be a good choice if you want to minimize volatility in your portfolio, or you might be interested in taking bolder steps. It all depends on your own personal goals and investment desires — just like any traditional investor, a direct investor has to ultimately be aware of what feels right for him or herself.

"A successful investor first understands that investing is about managing risk before managing returns. Make sure you understand yourself and how much risk you're willing to handle," Storsley said.

The RBC site offers investors online tutorials on how to read stock quotes and how to buy mutual funds online.

RBC Direct Investing™

vancouver 2010
PREMIER NATIONAL PARTNER

Confidence is always a great investment.

Introducing RBC Direct Investing Practice Accounts.

Now you can gain confidence in your investing skills without the risk. With an RBC Direct Investing™ Practice Account, you can test drive online investing without using real money. Learn to invest on your own terms with access to a host of powerful tools and educational resources to help you build your investments knowledge. Take control of your financial future with an RBC Direct Investing Practice Account.

Get started at
rbcdirectinvesting.com/practice

CREATE
A FUTURE WITH PEACE OF MIND

RBC Direct Investing Inc.*, and Royal Bank of Canada are separate corporate entities which are affiliated. *Member CIPF. RBC Direct Investing Inc. does not provide investment advice or recommendations regarding the purchase or sale of any securities. Investors are responsible for their own investment decisions. RBC Direct Investing is a business name used by RBC Direct Investing Inc. ™ Trademark of Royal Bank of Canada. ® Registered trademark of Royal Bank of Canada. Used under licence. © Copyright 2009. All rights reserved. ™ ©2008, VANOC. Used under licence.

Fencing silver for Canada

Ottawa's Sherraine Schalm pushed her opponent to overtime before settling for a silver medal yesterday at the world fencing championships in Turkey. Lubov Shutova of Russia won gold. THE CANADIAN PRESS

Sports

Torre ties playoff record

When the Los Angeles Dodgers clinched the National League West title this season, manager Joe Torre, left, tied the Bobby Cox's record of 14 straight playoff appearances by a manager. Torre reached the playoffs 12 consecutive times with the New York Yankees and now twice in two years with the Dodgers.

METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Flames top line looks to speed up slow start

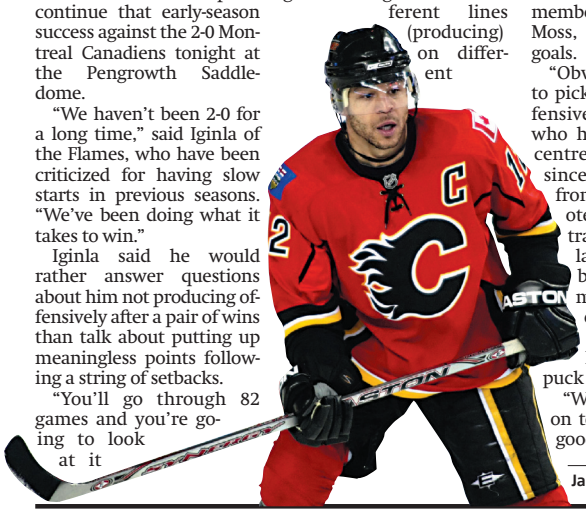
Despite just one assist each from top-line forwards Jarome Iginla and Olli Jokinen, the Calgary Flames have still managed to jump out to a 2-0 start.

The Flames now hope to continue that early-season success against the 2-0 Montreal Canadiens tonight at the Pengrowth Saddledome.

"We haven't been 2-0 for a long time," said Iginla of the Flames, who have been criticized for having slow starts in previous seasons. "We've been doing what it takes to win."

Iginla said he would rather answer questions about him not producing offensively after a pair of wins than talk about putting up meaningless points following a string of setbacks.

"You'll go through 82 games and you're going to look at it and there'll be games where you can be better," said Iginla, while commending his teammates for stepping up with big goals in Calgary's first two games. "It's great to see different lines (producing) on different nights and that's part of a good team."



Jokinen said he saw positive signs during Calgary's 4-3 win in Edmonton Saturday night when he recorded an assist, while the third member of the trio, David Moss, counted a pair of goals.

"Obviously our line's got to pick it up a little bit offensively," said Jokinen, who has primarily played centre alongside Iginla since being acquired from the Phoenix Coyotes at last season's trading deadline. "The last game was a lot better. We spent a lot more time in their end. We've got to simplify our game a little bit, shoots puck a little more."

"We've just got to focus on tomorrow's game, be good defensively and goals will come, that's for sure."

Calgary coach Brent Sutter isn't too worried about his two most high-profile forwards having slow starts to the season as long as they're playing well defensively.

"Like everyone else in the room right now, we're still working through things to make sure our team is good, and Jarome and Olli are taking pride in that," Sutter said. "I know offensively everything will be fine with both of them, if they just continue to focus on our team game."

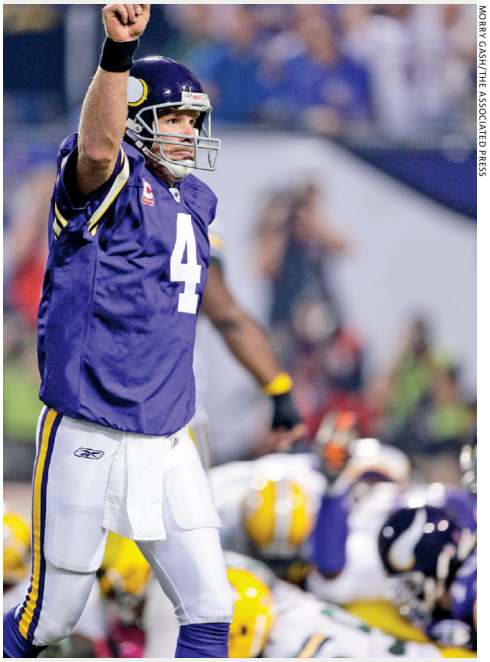
THE CANADIAN PRESS

> Jarome Iginla

m.metronews.ca

Scan this barcode for the most recent Sports updates on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

NFL Favre faces Packers



MORRY GASH/THE ASSOCIATED PRESS

Minnesota quarterback Brett Favre reacts after Adrian Peterson rushed for a touchdown against Green Bay last night. The Vikings went on to beat the Packers 30-23.

Hill honoured for comeback

BLUE JAYS Toronto Blue Jays second baseman Aaron Hill and St. Louis Cardinals ace Chris Carpenter are Major League Baseball's comeback players of the year.

Aaron Hill

Hill, 27, earned the American League honours after setting career highs with 36 home runs, 108 RBIs, 195 hits and 103 runs.

He was also named to the all-star team in a remarkable recovery after missing all but 55 games in 2008 because of a concussion and related issues.

In setting a team record for most home runs by a second baseman, Hill also posted the third-highest home run total in AL history at the position, trailing only Alfonso Soriano's total of 39 in 2002 and 38 in '03.

Carpenter, who was drafted and developed by the Blue Jays, bagged the National League honours by going 17-4 with a 2.24 ERA over 28 starts.

THE CANADIAN PRESS

Apartment Finder
To advertise contact Warren Smith at 403-539-4948

realstar management
RENT NOW FOR YOUR $300 INCENTIVE

CALGARY PLACE APTS.
609 8TH STREET
1 & 2 bdrm suites, Gym, games room, 1 block to LRT, Utilities included, Close to all amenities & On site management
1-877-570-7025
www.calgaryplace.com

ROYAL VIEW APTS.
1320 16TH AVE. SW
Live in the Trendy Beltline, 1 & 2 bdrm suites, Gym, sundeck, 1 block to 17th Ave., Utilities included & On site management
1-877-572-1835
www.royalviewapts.com

GLENMORE HEIGHTS
620 67TH AVE. SW
1 & 2 bdrm suites, Gym, social room w/ full kitchen & library area, 1 blk to Chinook Center, Utilities included & On site management
1-877-617-9803
glenmoreheights.com

GLENMORE GARDENS
2105 90TH AVE SW
1 & 2 bdrm suites & T/H social room w/ full kitchen & sitting area, Indoor pool & sauna, Close to all amenities & On site management
1-877-584-2285
glenmoregardens.com

LAKEVIEWMEWS
Brand New Condo Style Suites!
1 & 2 bedroom suites • In-suite laundry • Smoke free Building • Modern décor • Minutes to Glenmore Park • Prof. On-site Staff • Wheelchair accessible suite
Come and visit our show suite! 2528 66th Ave SW
403-242-6414 • lakeviewmews.com

Service Directory
To advertise contact Blaine Schlechter at 403-444-0136

PSYCHIC

STAPHA—AFRICAN PSYCHIC
Reuniting Loved Ones • Stopping Divorce
Removing Bad Spirits • Success in Business
Healing Protection
RESULTS GUARANTEED
403-802-0367

THE GREAT OF THE GREAT MEDIUM & SPIRITUAL HEALERS HERITED TO GENERATION RENOWNED INTERNATIONAL
Are you searching for solutions to your problems? It's never too late to find answer. Madia has 26 years experience as a spiritual healer reuniting loved ones, maintaining harmony in coupled, preventing separation, improving business success, protecting against negativity and evil spells. 100 % results Guaranteed in 48 hours.
100% RESULTS GUARANTEED IN 48 HOURS
CALL MADIA AT 403-475-2589 OR 403-305-2129

FINANCIAL

READ THE LATEST FROM THE WORLD OF JON AND KATE PLUS HATE.
m.metronews.ca

BROKERS national
500 loan service
by phone, no credit refused, quick and easy, payable over 3, 6, or 12 installments.
Call toll free:
1-877-776-1660

ACCESS LEGAL RESEARCH INC.
• CRIMINAL PARDON /U.S. WAIVER
• SEPARATION AGREEMENTS
• LAND TRANSFERS
• LOW COST NO FAULT DIVORCE
• SMALL CLAIMS COURT TO 25K
CALL
403-228-2469

Sports in brief

OLYMPICS The International Olympic committee may bar countries from hosting the Olympics, starting with the winter games of 2018, if the countries don't have laws that empower police to raid and investigate people suspected of helping athletes to use performance enhancing drugs.

SOCCER Saudi Arabian property magnate Ali Al-Faraj was close to finalizing a deal to buy Portsmouth yesterday and can immediately take over after being approved as an owner by the Premier League.

METRO NEWS SERVICES

Learning Curve is a monthly feature that focuses on education and student life.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

It's not you, it's me

LINA TOYODA
for Metro Canada

Going away to university can be a new and exciting experience, a milestone on one's road to independence.

With excitement, change and imminent opportunities, many 18- and 19-year-olds tread into their new lives and that unknown first semester, leaving behind all that is familiar, even a high-school sweetheart.

Some young couples decide to stay together and try to make their relationship work across cities, schools and even time zones.

Unbeknownst to the first-year student, many things can change in about a month and a half, the time between the first day of school in September and the first holiday, Thanksgiving, which lands on a weekend usually in mid-October.

On the first visit home for many students, some unsuspecting high-school sweethearts will get blindsided. Sometimes called the "turkey dump," it's when a student breaks up with a high-school boyfriend or girlfriend while home for the Thanksgiving break.

"My roommate in first year, she did that," said Jessica Dell, 21, a fourth-year biology student at the University of British Columbia from Salmon Arm, B.C. "Her boyfriend was still in high school. He was a year younger and she went to university. She just met a whole bunch of new people and had new experiences and she was like, 'Yeah, I'm done with you.' It sounds kind of mean, I guess."

Dr. Doug Daher, a clinical psychologist at the University of Toronto and private practice, says it is very unusual for a high-school relationship to last.

"Developmental changes are happening during this time. You are becoming a different person, the cards are changing, so to speak," said Dr. Daher. "This is a time for transformations in many areas including sense of self, confidence, knowledge and emotional capacity."

Jane Yoon, a first-year commerce student at UBC from South Korea, says she has a new view on her long-distance relationship with her boyfriend, a few weeks into the school year.

"When I was in Korea, I thought I could go to university and keep the relationship and it wouldn't be that hard," Yoon said. "Now, it's so busy here and with the time difference, it's so hard to manage. I have my own schedule and he has his own schedule and it doesn't fit now, so we are kind of having troubles."

It seems natural for students to grow and change with their new surroundings. Along the way, many students find themselves having less and less in common with their friends from high school, simply because they don't share the same experiences anymore.

"It's tricky. It's a lot of time management between work, school and friends," says Molly Baltieri, 19, a second-year UBC arts student from Santa Barbara, Calif.

"It's a really big change and then once you get here, you realize that your friends back home are totally different. I definitely changed a lot and grew up a lot, and some of my friends back home aren't necessarily my friends anymore."

Many unsuspecting high-school sweethearts will get blindsided by the 'turkey dump' this weekend.

When it comes to relationship and interpersonal issues throughout the developmental stage — in your 20s — Dr. Daher says people are often asking themselves some complex questions like "Am I capable of loving someone?" and "Can I really be loved by someone?"

"These are existential questions, and college and university is a time to test the waters and really explore these deeper thoughts," he said.

Students heading to Washington

SHAWN LOGAN
for Metro Calgary

Talk about a room with view.

A team of 30 students from four Calgary post secondary institutions are hoping their solar-powered pad will turn some heads as the U.S. Department of Energy kicks off its annual Solar Decathlon on the National Mall in Washington D.C. starting Thursday.

The competition pits 20 energy conscious homes, constructed by green groups from around the planet, in a showdown to determine which best represents the ideal of a zero-power house that can operate independently off the grid.

University of Calgary business student Mark Blackwell, who chairs the Calgary entry, dubbed Sol Abode, which also includes participants from Mount Royal University, SAIT and the Alberta College of Art, said the concept is more than just a bright idea.

"We're taking these houses and using them to showcase the sustainable technology that's available," Blackwell said.

"It's been an interesting challenge that's never been attempted in Calgary before, but I'm excited about what we've managed to come up with."

The 800-square-foot house, which was transported to the U.S. capital in five semi-trailer trucks, includes appliances, heating and lighting that all run off the solar powered array and local materials including rundle stone from Canmore and old barn lumber from Bearspaw that were used in the design.

While most of the competitors have primarily built utilitarian solar powered "boxes" to show off their technological designs, Blackwell said the Calgary entry may have a leg up because it is an architecturally aesthetic home.

"If we're not number one, we're at least near the top for how it looks," he said, adding one couple even inquired about purchasing the solar-powered unit after the competition.

The decathlon judges the entries in 10 categories ranging from architecture and market viability to how much power is returned to the grid after fuelling the home's systems.

Blackwell said it still may be too early to envision Calgary as a hotbed of solar-powered houses with the cost of his team's small unit estimated at around $550,000 to build.

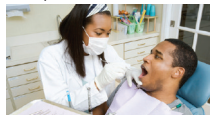
But he notes there's hope for the future: A next generation Sol Abode team of six is joining his group in Washington to get ready for next year's entry.

Following the competition, the Sol Abode will on display at the Vancouver 2010 Winter Olympics.

Are you looking for a new career?

CRIMINAL JUSTICE CAREERS
Policing, Sheriff's Department, Corrections, Probation Officer, Border Services Officer, and Animal & By-Law Services

DENTAL CAREERS
Dental Assistant, Dental Assistant Educator, Dental Hygiene Coordinator, Dental Specialty Assistant, and Dental Sales Representative



BUSINESS CAREERS
Marketing Professional, Business Owner, Human Resources, Sales Representative/Manager, Purchasing Agent, and Accounting Personnel

HUMAN SERVICES CAREERS
Education Assistant, Supports for Community Living Worker, Immigrant Aid Worker, Child and Youth Worker, Rehabilitation Worker, and Social Work Assistant

HEALTHCARE CAREERS
Health Care Aide, Registered Nurse, Licensed Practical Nurse, Paramedic, and Emergency Medical Technician

COLUMBIA COLLEGE

ADDITIONAL SKILLS
Job Search Skills, Networking, Resume Writing, Hidden Job Market, Interview Skills, and Salary Negotiation

Ask about our FREE courses that may be needed to help you meet minimum requirements to enter a professional program. Upgrading classes (including Math, English, and Science), ESL, and LINC courses available.

Contact us! Phone: (403) 235-9300 • 802 Manning Road NE Calgary, AB T2E 7N8
www.columbia.ab.ca

Learning Curve is a monthly feature that focuses on education and student life.

Mid-term stress can be avoided

RAFAEL BRUSILOW
for Metro Canada

The stress of studying for your mid-terms doesn't have to be overwhelming, experts say.

Mid-terms are coming, but the stress of studying doesn't have to be overwhelming.

Richard Earle, managing director of the Canadian Institute of Stress, says stress is on the up for modern students because more pressures surround them than ever before.

"I think students nowadays are juggling more areas in their lives than in previous generations," he said.

Maintaining a good study-work-life balance isn't easy, so make sure you plan well in advance for any work you need to get done and try to pace your fun side — no one can consistently run on just four or five hours of sleep a night.

While a little stress can be highly motivating — after all, Earle says, stress is just the body's way of providing you with more energy at trying times — the constant influx of nervous energy eventually becomes more than the body can handle. Earle says you should train yourself to spot when you're about to crack and force yourself to de-stress before you go over the edge.

"Your body makes you back off eventually, and recognizing that back-off point before it's done to you is about recognizing those early warning signs," Earle said.

Inability to concentrate, undue irritability and even fewer regular trips to the gym can all signal that the stress in your life might be taking over.

Try consciously slowing your breathing for a few minutes, taking a brisk walk or just flopping down for a lazy time-out.

For those sleep-depriving worries, make sure you first pinpoint what it is that's worrying you, whether it's that monster 10-page paper or an upcoming exam.

"What drives stress is uncertainty, and the best way to neutralize worry is to know what you're worried about.

"Focus on the thing that is recurrently worrying and in the short term do something to pull yourself out of it physically," Earle said.

Once you've calmed down, Earle recommends asking yourself a few crucial questions.

"Can I change my situation? If the situation does go badly, what's the worst realistic effect, and if so, what's my plan?"

Keeping a plan of action will keep you focused on the task at hand and not on the stress, Earle says.

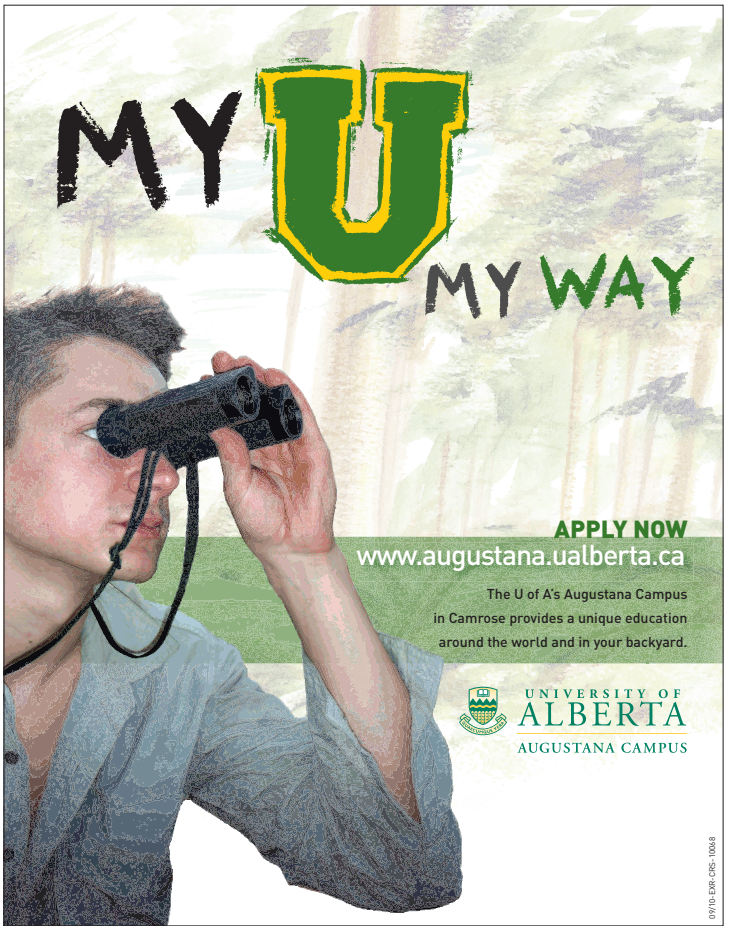
Most importantly, force yourself to think positively — after all Earle says most languages have three times as many negative adjectives as positive ones, so you have to fight against nature and really commit to embracing a positive attitude.

"Realistic optimism is a choice. If you don't see very clearly the positive in front of you, then you will be overwhelmed by the negative," Earle said.

Prepping for your mid-terms

Sleep and nutrition are crucial in the days before a mid-term. Eat well, avoid things like junk food and cigarettes and make sure to catch some Zs because you'll need the energy.

- Avoid too much coffee or sugar drinks before an exam — they can make you even more nervous.
- Plan your studying the same way you'd plan a workday — itemize each thing that needs to be studied and completed, and stick to a schedule.
- Work out your hand muscles in advance — cramps are no fun during an exam. Try squishing stress balls or gently squeezing a piece of fruit before an exam.
- Scope out the test room or building beforehand, especially if you've never been there — you don't want to run around lost and stressed out five minutes before an exam starts.



Learning Curve is a monthly feature that focuses on education and student life.

A University of Calgary-led study is attempting to determine how the diets of pregnant women could affect their children.

Study focuses on nutrition

SHAWN LOGAN
for Metro Calgary

Call it a family food affair.

A University of Calgary-led study attempting to determine how the diets of pregnant women could affect their children could go for decades, if those running the program have their way.

The 16-member team of scientists, split between the universities of Calgary and Alberta, is hoping the Alberta Pregnancy Outcomes and Nutrition (APrON) study will be the most definitive investigation into the impact of what pregnant mothers eat prior to birth and the impact on their babies.

And with the ambitious goal of 10,000 participants, Dr. Bonnie Kaplan, a U of C professor of paediatrics and community health sciences in the faculty of medicine who is leading the effort, believes the findings will have a significant impact on pre-natal health planning for years to come.

"We want to build better babies," said Kaplan, noting the old adage of "you are what you eat" applies to unborn children as much as it does to adults.

"People really forget that food is not entertainment, it's the source of the cells in our bodies and our brains."

Mothers participating in the study will document what they eat.

Among the goals of the vast study is determining whether the dietary habits of mothers can help prevent post-partum depression as well as developmental disorders like attention-deficit hyperactivity disorder.

The multi-disciplinary probe, which includes scientists specializing in everything from psychology to bio-statistics, was launched thanks to a $5-million grant from the province for five years aimed at "big picture" research projects.

While other institutions have completed small scale pre-natal nutrition studies focused on the impact of certain elements, this will be the broadest of its kind, said Kaplan.

Participating mothers document what they eat, when they exercise, as well as their mental health while researchers prepare profiles of the parents to assess what types of genetic factors may come into play.

"People really forget that food is not entertainment."
Dr. Bonnie Kaplan

Stacey McCormick, APRoN's first participant, has a 15-month-old daughter and a second baby due in November, and she believes parents would benefit from knowing how their own nutrition benefits or hinders their offspring.

"There's not much information out there about what pregnant women should be doing, food-wise," she said.

"I look forward to seeing the scientific evidence from this study."

Kaplan said she hopes the study will manage to secure further funding to extend it well beyond its five-year mandate.

Learning Curve is a monthly feature that focuses on education and student life.

Extra-curricular activities, success linked

EVA LAM
for Metro Canada

Organized weekly events at the University of Calgary include free yoga classes on Wednesdays.

Students looking for experiences beyond the academic can find plenty of opportunities right on campus.

At the University of Calgary, Kat Lord has gone from taking part in extra-curricular activities to actively getting other students involved in them, part of her duties as the vice-president, events for the students' union.

"This just seemed like another place where I could do some good," says Lord, whose campus activities have included heading the school's feminist association and deejaying for campus radio.

"I really wanted to bring programming to campus that was diverse and that reached a variety of populations on campus."

Lord organizes both weekly events — for example, Wednesdays feature free, instructed yoga classes — and monthly themes. October is Wellness Month, and the programming includes a Heart and Stroke Foundation fundraiser, alcohol awareness day and health fair.

But school-wide events aren't the only source of outside-the-classroom action to be found on campus.

There are more than 40 course unions at Ryerson University, where all full-time undergraduate students are automatically a member of their program's respective course union.

The Computer Science Course Union (CSCU) brings its members together with both professionally related and social activities. A popular event this month was Rye-Frag, a friendly video-game competition between students in the computer lab.

These sorts of events "let you get to know the people in your program, especially for first-years," says Robert Mazzatto, the CSCU's vice-president, communications.

Clubs are another way for students to make the most of their time at school. Ryerson's Urban Hip Hop Union (UHHU), which boasts a Facebook group of 600-plus members, aims to promote hip-hop culture in Toronto through activities ranging from panel discussions to dance workshops.

The students' union recently named UHHU the Student Group of the Year, an honour UHHU co-president Shakera Martin attributes in part to the group's inclusive philosophy.

"The thing about UHHU that I love personally is it's a diverse group of students," she says.

Taking part in extra-curricular activities has important implications for a student's emotional well-being and, in turn, their academic success, says Carole Sénéchal, a professor of psychology and education at the University of Ottawa.

"You feel like you're part of a family (and that) you have a place in society but also a place in university," she says.

Recognizing the importance of these kinds of experiences, the University of Calgary became the first university in western Canada to establish a Co-Curricular Record (CCR) in January. The CCR recognizes a student's extra-curricular activities while in school and, paired with the standard course transcript, can give students an extra edge when they apply for a master's degree or look for a job, says Lord.

"It's just another incentive to go out there and get involved with your community," she says.

HIGH-DEMAND
bachelor's degrees
IN BUSINESS AND TECHNOLOGY
In three years or less

DeVry's fast-track degree programs can help you earn an accredited bachelor's degree in today's hottest fields, on campus or online. Discover the education that puts DeVry students ahead, and qualify for up to $9,000 in scholarships.

Calgary Campus location 2700 3rd Avenue SE

Put your future on the fast track today. Visit DeVryNow.ca or call 1.800.363.5558.

DeVry Calgary

The government of Alberta has granted DeVry Calgary accreditation to award Bachelor of Business Operations, Bachelor of Science in Computer Information Systems, and Bachelor of Science in Electronics Engineering Technology degrees.

"Through my degree, I've learned a different way of thinking, a kind of open-mindedness that directs me to look at all facets of any problem. I've learned never to assume that I know everything about any subject because there is always more, there is always another take on it, another way of seeing things, more to discover."

Ben Goresky (BHSc '09) studied addictions counselling at the U of L – the only baccalaureate program of its kind in Canada.

Discover the **Real U**

Where will your U of L degree take YOU?

Ben completed an internship at the Eric Clapton treatment centre in the West Indies.

Don't limit yourself. At the U of L, you will earn a university degree that can take you anywhere – both as a student and after graduation.

Dream big and have the confidence in your education to get you there. Benefit from the University of Lethbridge advantage:

√ Small classes
√ Affordable tuition and living
√ Professors who are researchers – learn from the people who are making real discoveries

With more than 150 programs to choose from, there are many opportunities to discover your passion and your voice. Discover the Real U.

Apply by December 15 to be eligible for Board of Governors' Admission and Relocation scholarships, each worth up to $1,000.

University of Lethbridge

FIAT LUX

November 7, 2009 | Open House

Discover why the U of L is the right choice for you.
For more information, visit: DISCOVER.ulethbridge.ca/OpenHouse

> DISCOVER.ulethbridge.ca

Learning Curve is a monthly feature that focuses on education and student life.

Ready, set, brew! Barista contest rolls out

ANDREA WOO
for Metro Canada

As a relatively new barista, Rob Kettner trained extra hard for the 2009 Western Regional Barista Championship in August.

"I'd be making 100 cappuccinos a night," said Kettner, a Victoria, B.C., resident who worked as a coffee roaster for three years before becoming a barista in May. "I'd say I was drinking 20 to 30 espressos a night at the peak of my training. The pressure of learning how to do this competition … and drinking that much caffeine turned me into a bit of a crazy person."

The hard work paid off, though: Kettner placed fourth, and was bumped up to third after that barista had to pull out of the competition. Kettner will now compete in the 2009 Canadian Barista Championship, taking place Oct. 14 and 15 at the Vancouver Convention Centre as part of the Canadian Coffee and Tea show.

Vancouver native Sammy Piccolo, left, winner of last year's Canadian Barista Championship in Montreal, with Raymond Chartrand, representative for event sponsor Krups.

A total of 16 participants — 12 regional placers and four randomly selected wild cards — will have 15 minutes to make 12 beverages: four espressos, four cappuccinos and four signature drinks of their own creation. In addition to taste and presentation, judges will look at technical skills and station cleanliness.

The winner gets flight and hotel to London, to compete in the 2010 World Barista Championship.

Chris Tellez of Collingwood, Ont., took first place in the Central Regional Barista Championship. He says station cleanliness and staying calm were among the harder challenges for him.

"Making sure you're comfortable with what you're doing is probably harder," he said.

"I mean, you're putting on a bit of an act, but if you can make it feel as natural as possible, that definitely comes through."

He adds that while there's a strong sense of camaraderie among the baristas, the competitions can be tense.

"It's an interesting dichotomy between incredibly nerve-wracking and a lot of fun," he said.

Vancouver native Sammy Piccolo is the winner of last year's national competition. He says the event is what each competitor makes it.

"If all you care about is winning, then it's not going to be fun," he said. "If you're loose and prepared, it can be fun and exciting, with a lot of joking around."

Don't miss the final

These regional winners and wild cards will compete against each other at the 2009 Canadian Barista Championship at the Vancouver Convention Centre on Oct. 14-15.

Wild cards
- Josh Hockin, Transcend Coffee (Edmonton)
- Michael Tam, Phil & Sebastien (Calgary)
- Luc Spicer, Café Neve (Montreal)
- Sameer Mohamed, Toi, Moi & Café (Montreal)

Central
- Chris Tellez, Espresso Post (Collingwood, Ont.)
- Sam James, Sam James Coffee House (Toronto)
- Momiji Kishi, Dark Horse Espresso Bar (Toronto)

Eastern
- Anthony Benda, Café Myriad (Montreal)
- Cliff Hansen, Bridgehead (Ottawa)
- Alex Scott, Café Myriad (Montreal)

Western
- Kyle Straw, Caffé Artigiano (Vancouver)
- Spencer Viehweger, JJ Bean Coffee (Vancouver)
- Rob Kettner, Fernwood Coffee Company (Victoria, B.C.)

Prairies
- Ben Put, Phil & Sebastian Coffee (Calgary)
- Joel May, Fratello Coffee (Calgary)
- Chad Moss, Transcend Coffee (Calgary)

Grow your education

Get the education you need and achieve the career success you deserve without sacrificing your lifestyle.

Thompson Rivers University's Open Learning Division is one of the largest, fully-accredited, degree-granting distance education providers in Canada, offering over 400 online and distance courses and 53 degree, diploma and certificate programs.

Open Learning courses and programs are available for enrolment anytime throughout the year and the flexibility in scheduling we offer means you can study where you want, at a pace that suits you. Get back to school while balancing the other commitments in your life through Open Learning.

Grow your education today and make your career goals a reality. For a complete list of our courses and programs, please visit our website.

Open Learning
www.truopen.ca

THOMPSON RIVERS UNIVERSITY
1.877.674.6878

MC#93131

Compare fast-food calories
Have a craving? Before you give in, be sure you're making a smart choice: Check out acaloriecounter.com/fast-food.php. This site lists the best and worst foods by calories, fat, carbs and sodium. **BEST HEALTH MAGAZINE**

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

An affair to forget

Celebrity indiscretions are none of our business

The J Spot

That the audience reacted with applause and laughter to David Letterman's recent confessions of infidelity would indicate that cheating is not only expected but acceptable, especially among the rich, famous and powerful.

In fact, it's getting to the point that it's more shocking if you're famous or a politician and you don't have a sex scandal or two under your belt.

This is a good thing. Not because I condone cheating. In fact, c'mon David, affairs with female employees half your age? Really? But frankly, it's none of my business. Or any of ours.

And the more we realize this, the better off we'll be. If the North American public becomes increasingly nonchalant about the indiscretions of our celebrities and politicians, we can spend our energy focusing on stuff that really matters, like, oh, I don't know, saving the planet? Ending world hunger?

"It's getting to the point that it's more shocking if you're famous or a politician and you don't have a sex scandal or two under your belt."

We should probably thank Bill Clinton. It seems to me that before Bill, Monica and "the blue dress," we hardly ever saw news stories about the private lives of our public figures. And it's not as if Bill Clinton invented infidelity. Celebrities and politicians have been cheating throughout history.

But, for some reason, the Clinton/Lewinsky affair really set us off and opened up the debate. It got the whole country talking about cultural attitudes when it comes to public figures and their personal affairs. There were endless debates over whether his private sexual affairs should have had any bearing on his ability to run a country.

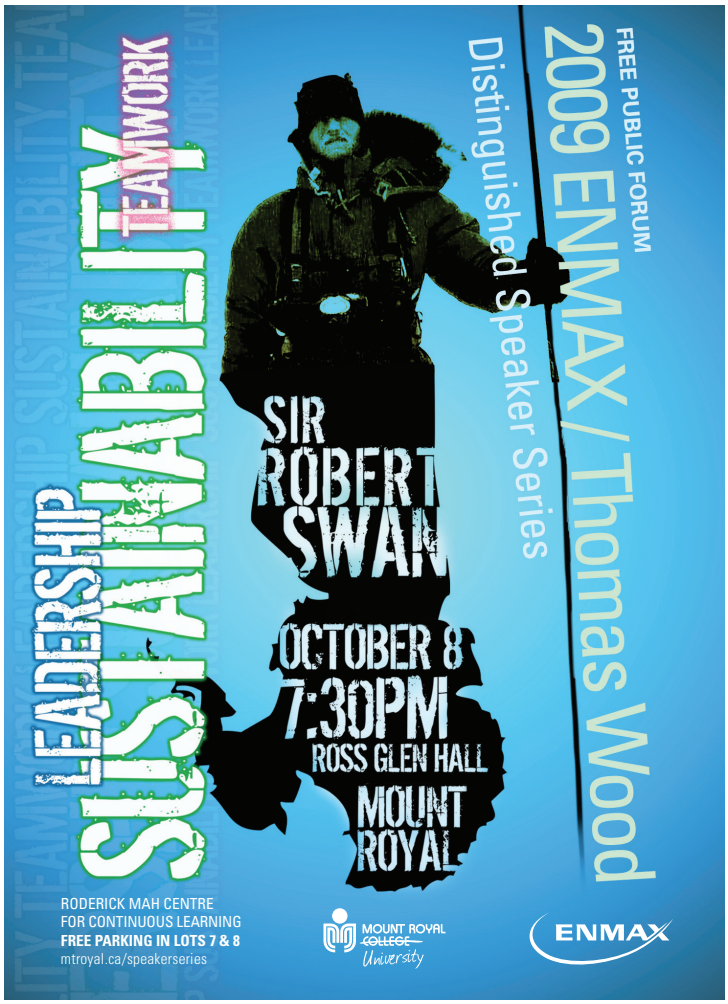
The Bill and Monica media frenzy ushered in a new era of digging into the private affairs of our public figures. In the last few years, it seemed you couldn't turn over a politician or a celebrity without finding a sex scandal buried underneath. But, with each new scandal, public reaction is increasingly more shoulder shrug than shock.

The less the public cares, the less the media cares. And the less the media cares, the greater the chance we'll get to read about something more useful to the world than what is written in Stephanie Birkitt's diary.

THE ASSOCIATED PRESS FILE PHOTO

It seems that ever since the Bill Clinton and Monica Lewinsky (pictured) scandal, the public has had a thirst for news stories about the private lives of our public figures.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.



What to do with leftover wine?

Toss pasta with grated Parmesan cheese, butter and fresh herbs, then add a splash of white wine. The wine will give a pleasant acidity to balance the other flavours. Onions can be caramelized in a bit of butter, red wine, salt and pepper, then used as a topping for pizza. THE CANADIAN PRESS

Food

If you want to get creative with your bird this Thanksgiving, visit TurkeyFarmersOfCanada.ca and click on Recipes on the main page.

Lots to savour

You'll find tips for a traditional turkey roast and stuffing but also for infusions and rubs, deep-fried turkey, turkey scallopini and many ideas for leftovers.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Tender sirloin, kiwi ice

Broiled Sirloin

MAKES 10 PIECES

INGREDIENTS:

- 3 lbs (1.5 kg) sirloin or round steak (about 1 in./1.5 cm thick)
- 1 medium onion, chopped
- 1/2 cup (125 ml) lemon juice
- 1/4 cup (50 ml) vegetable oil
- 1 tsp (5 ml) garlic salt
- 1 tsp (5 ml) dried thyme
- 1 tsp (5 ml) dried oregano
- 1/2 tsp (2 ml) celery salt
- 1/2 tsp (2 ml) pepper
- 2 tbsp (25 ml) butter, melted

METHOD:

1. With meat fork, pierce holes in both sides of steak. Place in large resealable plastic bag. Combine onion, lemon juice, oil, garlic salt, thyme, oregano, celery salt and pepper; pour over meat. Seal bag and turn to coat; refrigerate at least 1 hour, but preferably 6 hours or overnight.

Broiled Sirloin

2. Drain and discard marinade. Broil steak 6 in. (15 cm) from heat 8 minutes. Brush with butter and turn. Broil 6 minutes longer or until meat reaches desired doneness (for medium-rare, meat thermometer should read 145 F/63 C; medium, 160 F/71 C; well-done, 170 F/77 C). Use leftovers for lunches or cut into salad the next day.

Kiwi Ice

SERVES 8

INGREDIENTS:

- 2 cups (500 ml) unsweetened apple juice
- 1 tbsp (15 ml) lemon juice
- 4 medium kiwi fruit, peeled and sliced
- Sugar substitute equal to 6 tsp (30 ml) sugar
- 1/2 tsp (2 ml) grated orange peel
- Sliced orange and additional kiwi fruit, optional

METHOD:

1. In blender, combine juices and kiwi; cover and process just until smooth. Add sugar substitute and orange peel. Pour mixture into an ungreased 8-in. (20 cm) square dish.

2. Cover and freeze 1-1/2 to 2 hours or until partially set. Spoon into large mixing bowl; beat on medium speed 1-1/2 minutes. Return to pan; freeze 2-3 hours or until firm.

3. Let stand 10 minutes before serving. Spoon into small bowls; garnish with orange and additional kiwi if desired.

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Thanks-sipping

Not only is Thanksgiving an excellent wine pairing holiday, it gives me a chance to reflect on the many good things in my life (health, happiness, tickets to Chris Botti in New York this December) while my wife cooks dinner.

Now before all you ladies start with the emails, trust me, if I were cooking the turkey, the only thing we'd be thankful for is an available table at a nearby restaurant. My job is to choose the booze, and in that regard, you may be surprised to learn that the big bird can be pretty accommodating.

I favour a lightly oaked New World white like **Lindemans' 2007 Bin 65 Chardonnay ($10.95 - $12.99)** from Australia. It's consistently good, with up-front fruit and a buttery flow that will massage the meat and work with the eclectic mix of side dishes.

In reds, something fruity and balanced like New Zealand's **2008 Kim Crawford Marlborough Pinot Noir ($19.95 - $24.99)** will more than hold its own at your family feast. A mid-priced Chianti from Italy's Tuscany region would be an inspired alternative.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Get your resumé to the top of the pile by learning AutoCAD in just four weeks with our AutoCAD Training Series. This series runs Monday to Friday afternoons and includes AutoCAD Levels I, II and III.

- Learn AutoCAD from instructors with real world experience
- Industry standard software used in architectural, engineering and oil and gas
- Start with the basic functions and advance to both two and three-dimensional projects

Starts October 19, 2009.

REGISTER TODAY BY CALLING 403.284.SAIT

CONTINUING EDUCATION

FURTHER YOUR PASSION

SAIT POLYTECHNIC

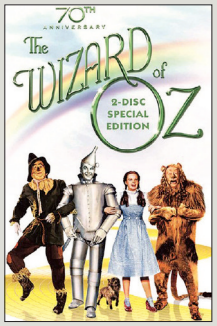
Performing at the CMA Awards
Taylor Swift, Kenny Chesney, Carrie Underwood, Brad Paisley and Keith Urban will be among the performers at the 43rd Annual CMA Awards show, it has been announced. PEOPLE.COM

Entertainment

Big proposal
Sex and the City star Chris Noth and his longtime girlfriend, actress Tara Wilson, are engaged, Entertainment Tonight Canada is reporting.
PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

DVD picks



The Wizard of Oz: 70th Anniversary Ultimate Collector's Edition

Director: Victor Fleming

IS IT POSSIBLE to say "overkill" and "must have" in the same breath?

It is if you're talking about The Wizard of Oz, the immortal film classic that continues to shine brighter than the yellow brick road — especially in the Blu-ray version, one of several options available for Oz fans.

Is it necessary to have the hours of supplementary material, including two early silent Oz films, repros of archival booklets and press materials and historical backgrounders? No, but it's a great way to while away a Sunday afternoon or three.

Do Dorothy, Tin Man, Scarecrow, Cowardly Lion (and Toto, too!) look better with their latest digital scrubbing? Yes and no —the film is brighter and more colourful than ever, but you'll likely notice the grain, especially in the sepia-toned early section.

You really can't go wrong, especially if you're thinking of this set as a present for an upcoming event that even the Wicked Witch wouldn't dare name this early.

The only question is, why is there a "collectible and numbered" wristwatch included? Do time pieces have anything to do with The Wizard of Oz? Isn't that more Alice in Wonderland?

Peter Howell
/for Metro Canada

Anvil finally scores a hit

KEITH CARMAN
for Metro Canada

There's a rags-to-riches story permeating North American cinemas. Unlike typical films of such a nature though, this one doesn't involve princesses or evil step-mothers. This one isn't even fiction.

It's the factual story of two Toronto-based men and the commitment to their band — heavy metal outfit Anvil. Initially garnering success in the early-'80s and becoming a household name, over the years, a series of career missteps saw guitarist/vocalist Steve "Lips" Kudlow and drummer Robb Reiner slip from heroes to forgotten soldiers. Still, they refused to stop, releasing album after album and gigging constantly thanks to a pact they made as teenage boys: Never give up.

Surprisingly, that mentality has done them a great service after decades of nothing. One Anvil fan by the name of Sacha Gervasi grew up and became a Hollywood mogul, siring Ginger Spice's child and co-writing The Terminal with Tom Hanks. On a whim, he looked up his old buddies.

The end result was a feature film, Anvil! The Story Of Anvil, which has created a whirlwind of praise, publicity and promotion, making Kudlow, Reiner and bassist Glenn Five a powerful force once again. In essence, Anvil is back. Kudlow, 52, reels at having his lifelong dream come true.

"My whole life has been fighting for something," he notes with humility. "We've always been known to a certain level and occasionally someone comes up to say, 'Hey, you're the guys from Anvil,' but now it's ridiculous. Six weeks ago, I could have gone to New York and no one would have known who I am. Now, anywhere I go, everyone knows who I am. That is really weird."

To top it all off, their previously ignored 13th studio effort This Is Thirteen finally received a proper worldwide release via VH1 Classic Records and the band — once struggling for gigs in outer Etobicoke — will have the honour of appearing on The Tonight Show with Conan O'Brien tonight, coinciding with Anvil! The Story Of Anvil's DVD release. Yet despite years of hardship, Kudlow refuses to see this fortune as deserved.

"It's just a celebration for having stuck to our guns over all those years; like I've been working for decades and never got paid but I'm finally getting my bank book," he declares.

Anvil will appear on The Tonight Show with Conan O'Brien tonight.

Anvil on DVD

• Anvil! The Story of Anvil is now available on DVD.

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
10/6/09 primetime	267	351 - ACCESS	Alberta Primetime (Live)		Monk		Dancing With the Stars		So You Think You Can Dance		Primetime
	243	317 3 CFCN	etalk	Hollywood	So You Think You Can Dance Canada Top 8. (N)				Law & Order: SVU		CTV News
	-	- 4 OMNI	The Office	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	Two/Half Men	Metropia
	-	371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Shark Tank (N)		Dancing With the Stars		the forgotten
	245	306 6 CBRT	Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Being Erica (N) (DVS)		CBC News: The National		The Hour
	244	338 7 CICT	ET Canada	Entertainment	The Good Wife "Home"		NCIS "The Inside Man"		NCIS: Los Angeles (N)		News Hour
	246	- 8 CKAL	Hell's Kitchen (N)		The Jay Leno Show (N)		The Biggest Loser (N)				Your City
	119	705 9 CBXFT	Virginie (SC)	La Facture	Providence (N) (SC)		Aveux "Eaux troubles" (SC)		Le Téléjournal Nouvelles. (SC)		TJ Alberta
	-	- 10 SHAW	(6) Local Programming						Local Programming		
	-	372 12 KREM	News	Hollywood	The Doctors		NCIS "The Inside Man"		NCIS: Los Angeles (N)		The Good Wife
	-	374 14 KSPS	NewsHour With Jim Lehrer		Nova "Darwin's Darkest Hour" (HDTV) (N) (DVS)				Forever Wild		Buffalo Flows
	502	390 15 CBC	CBC News: The National		CBC News: the fifth estate		CBC News: The National		CBC News: The National		fifth estate
	-	370 16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	The Biggest Loser (N)				Jay Leno Show
	-	373 22 KAYU	The Office	Raymond	Two/Half Men	Two/Half Men	Hell's Kitchen (N)		So You Think You Can Dance		News
	297	652 37 WPIX	Melrose Place "Canon"		PIX News at Ten Tong.		Two/Half Men	Friends	Friends	According-Jim	Family Guy
news	500	500 29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502 31 CNN2	The Joy Behar Show		Nancy Grace		Showbiz Tonight		The Joy Behar Show		Nancy Grace
sports	400	400 21 TSN	NHL Hockey	SportsCentre		That's Hockey!	SportsCentre	Off the Record	2009 World Series of Poker		E:60
	408	418 27 net	NHL Hockey Montreal Canadiens at Calgary Flames. (HDTV) (Live)					Sportsnet Con.	Sportsnet Connected		NHL Hockey
	410	403 30 SCORE	X-Fighters		Score Now		Score Now		Score Now		Score Now
	411	457 44 OLN	Survivorman		Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters
	417	406 48 SPEED	Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pimp My Ride	Pass Time	Monster Jam (HDTV)		Super Bikes!
family	552	543 20 YTV	iCarly	iCarly	Drake & Josh	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz
	557	541 39 FAM	Zoey 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	555	545 67 TOON	Jimmy Two	Johnny Test	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad
cable variety	575	583 11 CMT	According-Jim	According-Jim	Home Improve.	Home Improve.	Wilsons	Wilsons	Reba	Reba	According-Jim
	553	546 17 TREE	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
	505	398 19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568 23 W	House-Sell	Style by Jury	Old Christine	Friends	Friends	Grocery Bag	Style by Jury	Style by Jury	Good Naked
	521	560 24 TLC	20 Years, 20 Duggars		Child Frozen in Time		Cake Boss	Cake Boss	20 Years, 20 Duggars		Child Frozen
	603	561 25 FOOD	Hell's Kitchen (N)		Iron Chef America (N)			Moments	Unwrapped	Unwrapped	Hell's Kitchen
	615	520 26 A&E	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	The First 48 (HDTV)		Parking Wars
	617	522 32 SHOW	Trailer Park	Trailer Park	The Outer Limits		*A Sister's Secret* (2009, Suspense) Alexandra Paul.				Bones
	601	562 33 SLICE	Wedding SOS	Wedding SOS	Bulging Brides	Bulging Brides	ET Canada	What Happen?	Biggest Loser Australia		Beauty, Geek
	-	633 34 ENC2	Filmography	(7:25) *Tokyo Cowboy* ★★ (1994, Comedy)			*The Frisco Kid* ★★ (1979, Western) Gene Wilder.				*Blazing*
	520	505 35 DISC	Destroyed	Destroyed	American Loggers (N)		Daily Planet		Destroyed	Destroyed	Amer. Loggers
	620	523 36 BRAVO	*Callas Assoluta* ★★ (2007, Documentary)				Law & Order		Without a Trace		*Pornographic*
	294	650 40 WPCH	Law & Order: SVU		*Gothika* ★★ (2003, Horror) Halle Berry.				*Idle Hands* ★ (1999, Horror) Devon Sawa.		
	626	547 41 COM	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	House Party
	-	539 42 TCM	(6) *Easy to Love* (1953)		*Million Dollar Mermaid* ★★★ (1952, Biography)				*Pagan Love Song* ★★ (1950, Musical)		
	628	584 43 SPIKE	DEA (HDTV)		DEA "Marijuana Grow House"		Surviving Disaster (HDTV) (N)		DEA (HDTV)		CSI: Crime Scn
	522	516 45 HIST	Ultimate Engineering		Ancient Discoveries		Cities of the Underworld		Cities of the Underworld		Engineering
	627	528 46 SPACE	Medium (HDTV) (N)		Fringe "Fracture" (N)		InnerSpace (N)	Stargate SG-1		Star Trek: Next Gener.	
	-	- 47 AMC	(6) *Bachelor Party* (1984, Comedy)			*Analyze This* ★★★ (1999, Comedy) Robert De Niro, Billy Crystal.					Mad Men
	619	525 49 TROP	Prod. Parker	Prod. Parker	'70s Show	'70s Show	The Outer Limits		ET Canada	Switch	Family Guy
	600	564 50 HGTV	Pure Design	Genevieve	House Hunters	House Hunters	Holmes on Homes		HGTV's Top 10	Design Inc.	Pure Design
	501	391 52 CTV	CTV News Tonight		CTV News	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News
	504	508 70 BNN	Squeeze Play		Business News	Commodities	Market Call Tonight		Headline	Commodities	Squeeze Play
	526	507 92 VIVA	The Closer		Da Vinci's Inquest		Psychic Inv.	Encounters	Judging Amy		Missing "Pilot"
	269	350 93 APTN	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	First Nation	Moose TV	Caution: Nuts	Moccasin Flats	Short Cuts
	-	- 94 MCP	World News	News	Banquet	Boys Over Flo	Il Caffe		In Germany	Euromaxx	Schauplatz
	571	581 100 MMM	Wild 'n Out	Wild 'n Out	High School Reunion		The Daily Fix		Wild 'n Out	Wild 'n Out	H.S. Reunion
	570	580 101 MM	Starmaker		MuchNews	Jonas Brothers	One Tree Hill		Starmaker		MuchNews
	581	566 102 MTV	After	The Hills	The Hills	After	MTV Live	After	Disaster Date	The City	The Hills
	-	- 116 TV5	(6) Pékin express		Avenirs	Hors série	TV5 Le Journal	L'Objet du scandale			

critics' corner

Being Erica
Flakiness is in the eye of the beholder. Erica makes a bad impression on Judith when she baby-sits Max for the first time and can't seem to meet Judith's expectations for following directions. Hurt, she time-travels back to her college days to prove that she's not the scatterbrain Judith thinks she is in the new episode "Mamma Mia." 9 PM on CBRT

The Good Wife
Alicia (Julianna Margulies) finds herself immersed in her old life when she is asked to represent the teenage son of a former friend, an assignment that requires her to return to her old neighborhood. Christine Baranski, Josh Charles, Archie Panjabi and Chris Noth also star in the new episode "You Can't Go Home Again." 8 PM on CICT; 11 PM on KREM

the forgotten
Football may be dangerous, but it's seldom deadly. In this new episode, however, a man is found beaten to death on the street, and investigating his identity and his murder leads Alex (Christian Slater) and his team into the world of pro football in "Football John." 11:01 PM on KXLY

Kim racks up frequent flyer miles

Kim Kardashian cheered for her on-again beau Reggie Bush at Sunday's New Orleans Saints game. The reality star, 28, flew to New Orleans early Sunday morning for the second time since Khloe Kardashian's Sept. 27 wedding, usmagazine.com reports. METRO NEWS SERVICES

Celebrity Buzz

Is Rimes going all Single White Female?

POTENTIALLY CREEPY Brandi Glanville says her estranged husband's girlfriend LeAnn Rimes is a little too close for comfort, usmagazine.com reports.

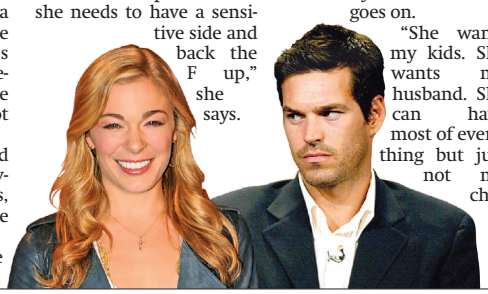
"I have a new neighbour and her name is LeAnn Rimes. She's moved in a half a mile from my house and a block from my son's school. So she is completely space invading me at the moment, so things are not cool," Glanville, 36, said.

Us Weekly first reported Eddie Cibrian, 36, was having an affair with Rimes, 27, his Lifetime movie costar.

Cibrian filed for divorce in August, the same month Rimes and husband Dean Sheremet announced their separation.

Glanville says her run-ins with Rimes in Calabasas, Calif. are "not pleasant."

"There is a point where she needs to have a sensitive side and back the F up," she says.



Glanville says she even spotted Rimes in front of her six-year-old son Mason's school as she picked him up.

"Honestly, she's Single White Female-ing me. She wants my life," Glanville goes on.

"She wants my kids. She wants my husband. She can have most of everything but just not my children or my family."

Glanville — who is also mom to two-year-old son Jake with Cibrian — says her kids "have no idea" that her parents are feuding. The kids are "used to daddy being gone for work, so it's not a huge transition," she explains.

Despite no hope of an amicable divorce, as she says, she tries to maintain the peace with Cibrian in front of their children.

"We definitely save face to the kids, absolutely," she says. "They're the most important thing in both of our lives."

METRO NEWS SERVICES

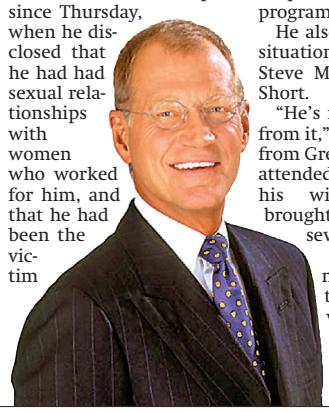
Letterman sorry for hurting his wife

APOLOGY David Letterman apologized to his wife on yesterday's Late Show, saying she had been "horribly hurt by my behaviour."

The late-night host vowed to repair his relationship with his wife, Regina Lasko.

"Let me tell you folks, I got my work cut out for me," said Letterman, according to an early transcript of the program released by CBS.

Monday's show was the first Letterman taped since Thursday, when he disclosed that he had had sexual relationships with women who worked for him, and that he had been the victim of an alleged $2 million US blackmail threat.



Letterman also apologized to his staff for the situation.

"Inadvertently, I just wasn't thinking ahead," Letterman said. "My thanks to the staff for, once again, putting up with something stupid I've gotten myself involved in."

Audience members who attended the taping Monday at the Ed Sullivan Theater said Letterman spoke frequently throughout the program about the events.

He also joked about the situation with guests Steve Martin and Martin Short.

"He's not running away from it," said Brian Lakari, from Green Bay, Wis., who attended the taping with his wife, Kelly. "He brought it into the show several times."

It is unclear how many women Letterman had sex with, and he has offered no specifics.

THE ASSOCIATED PRESS

Celebrity tweets

John Cleese is polling the public about his living situation, Demi Lovato tries to wear herself out, Miley Cyrus is up-to-date on the hot movie news from 12 years ago, and Tila Tequila knows something about God's plan the rest of us don't.

• @JohnCleese
...another one tonight. I'm still deciding whether to kill myself on my birthday, and might take a vote on it (no press allowed)...

• @ddlovato
Can't sleep... so I'm doing crunches and pushups till I'm tired again. Blah.. who gets up in the middle of the night to workout?!?!

• @mileycyrus
Titanic is a trending topic. As it very well should be. That movie is PURE GENIUS. Plus I'm just saying Leo is scrumptious!

• @officialTila
I totally give up on tryng to save the human race. They are not worth saving anymore. I agree with God. No wonder he wants da world 2 end.

Katy Perry getting lucky in love

SHE KISSED A BOY It looks like Katy Perry may be becoming more than just friends with Russell Brand. The singer was spotted looking disheveled and camera-shy leaving Brand's London home one morning recently, according to Sky Showbiz.

And the pair were both recently in Thailand, where Perry hinted that she was spending time with the comedian. "Been schooled on Morrissey, Oscar Wilde and Peter Sellers," she posted on Twitter, name-checking three of Brand's idols.

METRO NEWS SERVICES

Curvy Hudson not preggers

NO BABY Kate Hudson has laughed off reports she is expecting a baby with baseball boyfriend Alex Rodriguez, femalefirst.co.uk reports.

The actress has been dating the Yankees ace since November.

Hudson sparked rumours she is pregnant with her second child earlier this week, when she was seen looking curvier than usual in Malibu, California.

But her representative has shot down claims she is expecting again, telling website GossipCop, "She is not pregnant."

METRO NEWS SERVICES

Jon to Kate: Show me the money

MORE HATE The Gosselins continued their messy break-up in the media yesterday — with Kate fighting back the waterworks while claiming she can't afford to pay her bills, TMZ.com reports.

Kate came out swinging on Today yesterday morning, slamming Jon for clearing $230,000 US out of the couple's joint bank account: "You've left your children and their mother unable to pay for the roof over their head. It's unacceptable."

Jon says he didn't leave estranged wife Kate high and dry by emptying cash from a shared account. "I've never taken any money out because over 10 years, Kate handled all the banking," he says on an episode of The Insider on Monday night.

"Over the past four years of doing the show, we accrued $2,250,000. She says in the past week I took $230,000," he says.

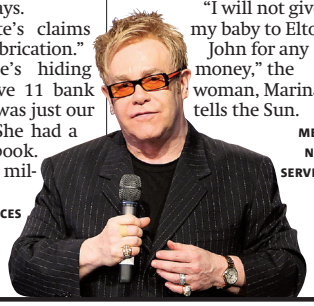
Jon says Kate's claims are "a total fabrication." Says Jon: "She's hiding money. We have 11 bank accounts. That was just our joint account. She had a best-selling book. Where's that million dollars?"

METRO NEWS SERVICES

Mom won't let Elton adopt kid

CAN'T BE BOUGHT Elton John now faces yet another obstacle in his quest to adopt Lev, a Ukrainian baby he met at an orphanage and fell in love with: The baby's mother.

"I will not give my baby to Elton John for any money," the woman, Marina, tells the Sun.



METRO NEWS SERVICES

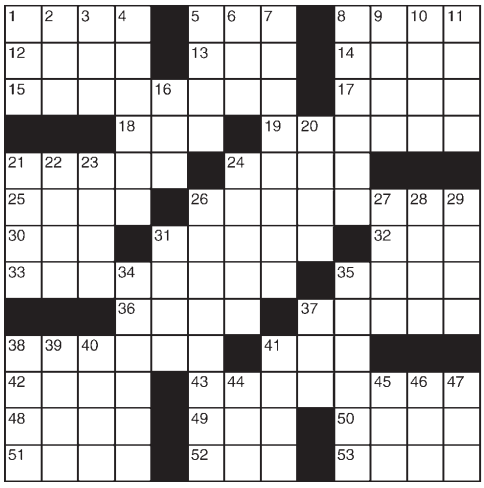
Every minute of every day, someone needs blood.
If you were the one in need, wouldn't you hope someone was donating for you?
Please call 1 888 2 DONATE ext.222 to book your appointment. You could save up to 3 lives.
Canadian Blood Services
it's in you to give
For more information visit www.blood.ca /give
BLOOD.CA WWW.BLOOD.CA WWW.BLOOD.CA WWW.BL
1 888 2 DONATE

Today Clouds, rain 16 C / 0 C
Wednesday Flurries 4 C / -2 C
Thursday Mostly sunny -2 C / -10 C

BT BREAKFAST TELEVISION

Andrew Schultz, Meteorologist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." **WEEKDAYS AT 6 A.M.**

Take Five



ACROSS

1 Easter entree
5 Help
8 Related (to)
12 Hodgepodge
13 Lanka preceder
14 Obey reveille
15 Inexperienced boxers
17 Unfreeze
18 Possesses
19 Barrel parts
21 Haunt
24 Burden
25 Poi base
26 Easy to perceive
30 Eco-friendly org.
31 Breathing
32 Squabble
33 Ease
35 Rescue
36 Pseudo-cultured
37 Tribe leader
38 "Give a hoot, don't pollute" owl
41 Calendar abbr.
42 Eager
43 Discussions
48 Sandwich shop
49 Handle
50 Send forth
51 Gaelic
52 Hot tub
53 Red gem

DOWN

1 Prune
2 Carte lead-in
3 Wire measure
4 Sobbing sound
5 Requests
6 Savings plan acronym
7 Liquefy
8 Fleet
9 Chicken —
10 Wight, e.g.
11 Volleyball barriers
16 Erstwhile acorn
20 Recording
21 Minimal progress
22 Hemingway nickname
23 Exam format
24 Nonclergy
26 Odd-looking animal
27 Actor Pitt
28 Cupid's field
29 Ornamental jug
31 Ostentatious display
34 Young Scot
35 Thin piece broken off
37 Historic time
38 Test the waters
39 Finished
40 Masseuse's stock
41 Dog bane
44 Cleo's slayer
45 Ostrich's cousin
46 Eve, originally
47 Pigpen

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

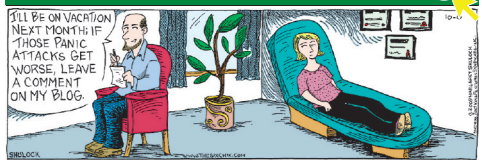
4	3		9					
		1		6		9		
			2					8
	6				8		2	
8			1		5			3
	2		6				5	
7					2			
		5		7		1		
					1		3	9

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

2	5	8	4	6	7	3	1	9
3	6	4	2	9	1	8	7	5
1	7	9	3	5	8	4	6	2
8	2	5	7	1	6	9	4	3
9	3	7	8	2	4	6	5	1
4	1	6	9	3	5	2	8	7
7	8	2	1	4	3	5	9	6
6	9	1	5	8	2	7	3	4
5	4	3	6	7	9	1	2	8

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Pepper-crusted Pork Tenderloin

INGREDIENTS:

2 pork tenderloins (3/4 lb/375 g each)
3 tbsp (45 ml) Dijon mustard
1 tbsp (15 ml) 1% buttermilk
2 tsp (10 ml) minced fresh thyme
1 to 2 tsp (10 ml) coarsely ground pepper
1/4 tsp (1 ml) salt
2/3 cup (150 ml) soft bread crumbs

METHOD:

1. Place tenderloins side by side and tie together with kitchen string. In small bowl, combine mustard, buttermilk, thyme, pepper and salt; spread over surface of meat. Press crumbs onto meat.
2. Place on rack in shallow roasting pan. Cover and bake at 425 F (220 C) 15 minutes. Uncover; bake 35-40 minutes longer or until meat thermometer reads 160 F (71 C). Let stand 10 minutes. Remove string before slicing.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
What happens today may look like a setback but only because you are standing too close and cannot see the bigger picture.

TAURUS ♉
APRIL 21-MAY 21
You seem to be going round in circles and it's making your head spin. Put your plans on hold for a while, sit back and watch the world go by.

GEMINI ♊
MAY 22-JUNE 21
With the Sun moving in your favor this is one of the best times of the year for satisfying your romantic desires and creative ambitions.

CANCER ♋
JUNE 22-JULY 22
You may be tempted to start telling those around you what they should do and how they should do it, but think again.

LEO ♌
JULY 23-AUG 23
There may be a great deal to do and only a limited amount of time in which to do it but you will accomplish more in the long-term if you slow down.

VIRGO ♍
AUG 24-SEPT 22
Your money situation may not be as healthy or as bad as you might think, so resist the urge to make far-reaching decisions about what you own.

LIBRA ♎
SEPT 23-OCT 23
Your timing is a bit off at the moment, but there is no need to worry because you'll make up for it when Mercury joins the Sun in your sign.

SCORPIO ♏
OCT 24-NOV 22
Take time out of your busy schedule to analyze what you are doing and why you are doing it.

SAGITTARIUS ♐
NOV 23-DEC 21
The Sun in Libra makes you more idealistic than usual and that's good because other aspects suggest you are getting bored with your everyday routine.

CAPRICORN ♑
DEC 22-JAN 20
Speak and act as if all eyes are on you today, because someone you don't realize is important is in fact watching you closely.

AQUARIUS ♒
JAN 21-FEB 18
With the Sun transiting the sympathetic sign of Libra at the moment there is precious little that you cannot do.

PISCES ♓
FEB 19-MARCH 20
You will prove your critics wrong and show that you can think and act under pressure. But don't spend all your time and energy doing things just to impress.

ADVENTURE!
Teach English Overseas
TESOL Certified in 5-Days
In-Class or Online NO DEGREE REQUIRED!
1-888-270-2941
FREE Info Seminar... Call for details!
Job Guaranteed
www.globaltesol.com GLOBAL TESOL COLLEGE

CANADA OLYMPIC PARK
earlybird
SALE
BUY NOW AND SAVE UP TO 20%
ON YOUR 09/10 WINTER SEASON PASS
SALE ENDS WEDNESDAY
403.247.5452 | www.winsportcanada.ca

Why Yoga?
It Harmonizes Eliminates Lightens Purifies Strengthens
35+ years experience
Call Yasmin at 403.281.1941
Located near Chinook Centre
Classes Mon/Tue/Wed/Thu 7:30pm - 9:30pm, Sat 10:30am - 12:30pm
$130 Unlimited Yoga to 10 Weeks | $70 for 10 classes
$10 Drop in | Classes outside, weather permitting
YASMIN MANJI SCHOOL OF YOGA

AIR CANADA VACATIONS

GREAT deals starting at $479

Las Vegas
MGM Grand
Hotel & Casino • 4 1/2★
Hotel rm. - Grand Tower
Nov. 23 • 4 nts.
4th night FREE
$479
Taxes & other fees (including service charges): $150

Honolulu via Vancouver
Aston Waikiki Circle • 2 1/2★
Hotel rm. city view
Nov. 2, 4, 9 & 15 • 1 wk.
$799
Taxes & other fees (including service charges): $140

Ixtapa / Zihuatanejo
Barceló Ixtapa Beach • 4★
All-Inclusive • Standard rm.
Dec. 19 • 1 wk.
$1479
Taxes & other fees (including service charges): $274

Punta Cana via Toronto
Occidental Grand
Punta Cana • 4★
All-Inclusive • Junior suite
Oct. 18 & 25 • 1 wk.
UPGRADE to the Royal Club luxury room for only $229 per person
$749
Taxes & other fees (including service charges): $323

Los Cabos
Barceló Los Cabos
Palace Deluxe • 5★
All-Inclusive • Junior suite
Jan. 23 & 30 • 1 wk.
$1169
Taxes & other fees (including service charges): $272

Grenada via Toronto
Grenadian
by rex resorts • 3 1/2★
All-Inclusive • Hillside rm.
Jan. 3, 10, 17 & 24 • 1 wk.
$1379
Taxes & other fees (including service charges): $248

Varadero
Sirenis La Salina
Varadero • 4★
All-Inclusive • Standard rm.
Oct. 18 & 25 • 1 wk.
$789
Taxes & other fees (including service charges): $218

Cancun / Riviera Maya
Gran Bahia
Principe Coba • 5★
All-Inclusive • Junior suite
Jan. 9 • 1 wk.
$1259
Taxes & other fees (including service charges): $251

Jamaica
Sunset Jamaica Grande
Resort & Spa • 4★
All-Inclusive • Standard rm.
Dec. 21 • 1 wk.
$1699
Taxes & other fees (including service charges): $262

Santa Clara
Meliá Las Dunas • 4★
All-Inclusive • Standard rm.
Oct. 11 & 18 • 1 wk.
$799
Taxes & other fees (including service charges): $218

Gran Bahia
Principe Tulum • 5★
All-Inclusive • Standard rm.
Jan. 9 • 1 wk.
$1299
Taxes & other fees (including service charges): $251

Gran Bahia Principe
Jamaica • 4 1/2★
All-Inclusive • Junior suite
Dec. 21 • 1 wk.
PRIVILEGES
$1899
Taxes & other fees (including service charges): $262

DEAL to EUROPE

London
Hotel Ibis London
Earls Court • 3★
Breakfast • Standard rm. special
Nov. 12, 13, 19, 20 & 25
4 nts.
$827
Taxes & other fees (including service charges): $480

DEAL on CRUISES

Carnival Cruise Lines[1]
Carnival Victory®
Southern Caribbean Cruise
Flights to San Juan via Montreal
Interior stateroom, cat. 4C
Dec. 20 • 1 wk.
$1729
Taxes & other fees (including service charges): $268

CONNECT FREE[2] • Edmonton • Lethbridge • Nanaimo • Regina • Saskatoon • Kelowna • Kamloops

PRIVILEGES
FREE advance seat selection and exclusive features

aeroplan
Earn up to 8,600 Aeroplan® Miles per member†

Fly in style – Upgrade to Executive Class® service[3]

aircanadavacations.com

Call 1 866 529-2079 or your travel agent

Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices in this ad are in Canadian dollars and are valid for bookings made between Oct. 6 & Oct. 10/09, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Calgary International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise packages include return flight and the cruise as described. Packages to Europe and the USA include return flight and hotel as described. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. †Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Calgary to London, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ [1]Carnival Cruise Lines ships' registry: The Bahamas and Panama. [2]Available in conjunction with flight-inclusive packages. Non-stop flights via Calgary. Excluding USA & Europe destinations. [3]Available on select flights. Full details available at aircanadavacations.com/executiveclass. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.